



## 2021 Atlanta Heart Walk Playlist Transcript

### Opening

Welcome to the Greater Atlanta Heart Walk. I am Beth Reese with Southern Company and I am proud to be the 2021 Greater Atlanta Heart Walk Chair. I am excited we are able to come back together this year as moving more is still critical to mental and physical health. Along with my Heart Walk Executive Leadership Team, we are continuing to support the Greater Atlanta Heart Walk. The funds raised through the Heart Walk help the American Heart Association fund research, pursue advocacy, teach CPR and promote better health here in our community. Now, let's get some tunes going as we walk together! On your heart. Get set. Go!

### Music Plays

#### Eat Smart PSA

The American Heart Association recommends a healthy dietary pattern that promotes fruits, vegetables, whole grains, and fat-free low fat dairy products. Start making smart food choices today.

For tips, visit [heart.org/eatsmart](http://heart.org/eatsmart).

### Music Plays

#### Sponsor Shoutout

You are listening to the Heart Walk playlist today brought to you by our sponsors, Northside Hospital and Southern Company. Keep moving as we get back to the music.

### Music Plays

#### Move More PSA

Cardiorespiratory fitness is the single best predictor for longevity. Remember 150 minutes of moderate intensity exercise increases that heart rate and is super important.

Visit [Heart.org](http://Heart.org) for more tips and exercises.

### Music Plays

#### Sponsor Shoutout

A quick pause on the playlist to give a shout out to our Heart Walk sponsors, Comcast Business and Wellstar Health System. Now back to the music.

### Music Plays



## **Heart Failure PSA**

Do you know the symptoms of heart failure? People who have heart failure, can track symptoms to help manage it successfully for a longer healthier life. Know the symptoms so that together we can rise above heart failure. Learn more at [heart.org](http://heart.org).

## **Music Plays**

### **Top Dog PSA**

Dogs and cats are family members and often best friends. As more of us are working from home, the bond with our pets can be a powerful partner in keeping us happier and healthier.

## **Music Plays**

### **Survivor- Red and White Caps PSA**

Heart disease and stroke survivors are the heart of our Greater Atlanta Heart Walk. Our survivors are given commemorative red or white ball caps to wear proudly to show their triumph over heart disease or stroke. And to celebrate our child Heart Heroes we offer special superhero capes for young survivors. You are our mission in action and the reason why we are all walking today.

## **Music Plays**

### **Closing PSA**

Thank you for walking with us today. Beth Reese here. It has been an honor to serve as the 2021 Greater Atlanta Heart Walk Chair. I share my deepest gratitude with you for your commitment to the health of our community. With every step you take and every dollar you raise, you are building a legacy that will save and improve lives. And, a special thank you to our sponsors Northside Hospital, Southern Company, Comcast Business and Wellstar Health System Don't forget to move more in fun and inspiring ways each day.