

2021 Heart Walk Playlist

Opening

Welcome to the Bay Area Heart Walk. We are so excited to move more with you today in celebration of healthy habits while making an impact in your community and saving lives. We are excited to be back together this year as moving more is still critical to mental and physical health. The funds raised through Heart Walk help the American Heart Association fund research, pursue advocacy, teach CPR and promote better health within our communities. A special thank you to this year's Heart Walk Chair, Brown & Toland! Now, let's get some tunes going as we walk together! On your heart. Get set. Go!

Music Plays

Middle Moment Sponsor #4

Today we come together to celebrate heart and stroke survivors in a meaningful way. Thank you to Atlassian, Brown and Toland, Cisco, Chevron, First Republic, Kaiser Permanente, Aetna, EY, Lam Research, Providence, and Stanford Health Care for helping to make it happen. Let's get back to the celebration!

Music Plays

Gratitude Challenge :15

There are moments in life. We wish we could freeze in time. We live. We live for them. We are grateful for them. Practicing gratitude, can help your health. Developing a daily gratitude habit is a great step on your journey to a healthier future.

Music Plays

Market Initiative

While you are out here moving and grooving for Heart Walk you aren't just raising heart beats you are raising funds to make a difference. Here In the Bay Area we are driving towards equitable health impact by working to address community needs, improving nutrition security, eliminating nicotine use, controlling high blood pressure, and building mental wellbeing. By working together, we are driving change. The kind of change that saves the lives of those we love. Our moms, dads, sisters, brothers, aunts, uncles, babies, and neighbors.

Music Plays

Top Dog :15

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

Heart Walk Hero Gear

We appreciate your efforts to help us fund lifesaving science to keep hearts beating! Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center in your Heart Walk Headquarters—points you can redeem for Heart Walk Hero Gear to include this year's exclusive t-shirts. It's our way of saying thank you and it's a great way to show your support for heart and brain health!

Music Plays

Stretching moments :30

Warming up and cooling down are good for your exercise performance. You'll do better, faster, stronger. And for your heart stretching is a great option. Hold each stretch for 10 to 30 seconds. Exhale as you stretch ahh, inhale while holding. Check out more tips at heart.org/move more.

Music Plays

Heart Failure :30

Do you know the symptoms of heart failure? During heart failure, the heart can't pump blood efficiently enough to meet the body's needs because either it's pumping ability has weakened or because the lower left chamber has become thick and no longer holds enough blood. 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.

Music Plays

Healthy for Good :18

You don't have to go on a diet to change your diet. Being healthy can be bright, happy, tasty, fun. All it takes are a few little changes that can add up to make a big difference, like a little more color or a few extra Zzzs. Join the movement and we'll help you get and stay healthy for good.

Music Plays

Middle Moment Sponsor #5

Together, we are fighting for the health and well-being of the Greater Bay Area. Thanks to our sponsors Atlassian, Brown and Toland, Cisco, Chevron, First Republic, Kaiser Permanente, Aetna, EY, Lam Research, Providence, and Stanford Health Care for supporting us. Let's get back to our Heart Walk playlist.

Music Plays

Closing

You have been listening to the Bay Area Heart Walk On Demand playlist. Thank you for walking with us today. With every step you take and every dollar you raise, you are building a legacy that will save and improve lives. Our deepest gratitude for helping us with our mission to be a relentless force for a world of longer, healthier lives. And, a special thank you to our sponsors Atlassian, Brown and Toland, Cisco, Chevron, First Republic, Kaiser Permanente, Aetna, EY, Lam Research, Providence, and Stanford Health Care. Don't forget to move more in fun and inspiring ways each day.