

2021 Rutherford TN Heart Walk Playlist Transcript

Opening Announcement

Welcome to the Rutherford Heart Walk! I am Lt. Gen. Keith Huber with Middle Tennessee State University, and I am proud to be the 2021 Rutherford 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. 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

Music Break Announcement 1

I'm Jen Rohe and I'm 33 years old. After the birth of my second child, I discovered that I had peripartum cardiomyopathy, which is a form of pregnancy induced heart failure. I'm here today so I can be with my children, have all those special moments with them.

We come together to celebrate the lives of our survivors, our champions, our hope. You are the inspiration while we take steps today. Our hearts are with you every step of your journey. The American Heart Association celebrates you.

Music Plays

Music Break Announcement 2

You are listening to the Heart Walk playlist today brought to you by our 2021 Rutherford Heart Walk sponsors - Vanderbilt Heart, Ascension Saint Thomas Heart, General Mills, and Hospital. Keep moving as we get back to the music.

Music Plays

Music Break Announcement 3

Cardiorespiratory fitness is the single best predictor for longevity. Remember 150 minutes of moderate intensity exercise increases that heart rate and is super important. Exercising can be easy, inexpensive, and convenient. For simple tips, just visit heart.org. Remember, today is a good day to start on the road to better health.

Music Plays

Music Break Announcement 4

A quick pause on the playlist to give a shout out to our Heart Walk sponsors. Special shoutout to our platform sponsor Vanderbilt Heart. Thank you Vanderbilt, Ascension Saint Thomas Heart, General Mills, and TrustPoint Hospital for your continued support of the AHA's lifesaving mission. Now back to the music.

Music Plays

Music Announcement 5

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.

Music Plays

Music Announcement 6

Hello, this is Annie Thornhill, Executive Director of the Middle Tennessee American Heart Association. Heart disease and stroke survivors are the heart of our Rutherford 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

Music Announcement 7

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

Music Announcement 8

Thank you to our top walkers for their commitment to heart and stroke patients everywhere. Your personal impact is far reaching, and we could not be successful in our mission without you. From the bottom of our hearts. Thank you!

Music Plays

Music Announcement 9

Thank you for walking with us today. Lt. General Huber here. It has been an honor to serve as the 2021 Rutherford 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: Vanderbilt Heart, General Mills, TrustPoint Hospital, Acension Saint Thomas Heart, Murfreesboro Medical Clinic, TriStar StoneCrest Medical Center, First National Bank of Middle Tennessee, Lee Company, Adient, and Pinnacle Financial Partners. Don't forget to move more in fun and inspiring ways each day.