

2021 Seattle Heart Walk Playlist Transcript

Opening From Chair

Welcome to the Puget Sound Heart and Stroke Walk.

I'm Bill Robertson, President and CEO of MultiCare Health System, and I am proud to be the 2021 chair for the Puget Sound Heart and Stroke Walk.

I am excited that we are walking together in spirit today. Moving more is critical to mental and physical health. Along with my Executive Leadership Team, we are continuing to support the Puget Sound Heart and Stroke Walk. The funds raised 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 - Get The Party Started

Music Plays - Bailando

Move More

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 - Handclap

Music Plays - Tik Tok

Middle Moment - Sponsor # 1

Hi, it's Bender from Jodi and Bender, Mornings on 99.7 The Jet. Listen we want to thank our sponsors: MultiCare Pulse Heart Institute, Virginia Mason Franciscan Health, Premera Blue Cross, Delta Dental of Washington, Expeditors, Swedish, and UW Medicine Heart Institute. More music, starts now!

Music Plays - Dynamite

Music Plays - On Top Of The World

Survivor Celebration

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 - Fight Song

Music Plays - Just Dance

Middle Moment - Market Initiative

While you are out here moving and grooving for the Heart and Stroke Walk, you aren't just raising heart beats, you are raising funds to make a difference.

Since the pandemic, have you been reluctant to go to the doctor's office? Or tried to check your blood pressure at the pharmacy but the kiosk was closed? Getting blood pressure checked has been challenging for many.

To help, your American Heart Association is working with local health care providers. We're giving blood pressure devices for patients to take home... along with instructions and resources in several languages.

By working together, we are driving change that saves the lives of those we love: our moms, dads, sisters, brothers, aunts, uncles, babies, and neighbors.

Music Plays - Sweet Dreams

Music Plays - Wolves

Top Walker

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 - 24k Magic

Music Plays - Shake it Off

Middle Moment - 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 - Sugar

Music Plays - Cheap Thrills

Music Plays - Butter

Closing - From Chair

Hi, I'm Mark Mitchke, CEO of Delta Dental of Washington. I'm honored to serve as the Puget Sound Heart and Stroke Walk chair for 2022.

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. Also, a special thank you to this year's sponsors, MultiCare Pulse Heart Institute and Virginia Mason Franciscan Health.

Don't forget to move more in fun and inspiring ways each day. See you again next year!

Music Plays - Hey Ya!