



## 2022 Guilford, NC Heart and Stroke Walk Playlist Transcript

### **Opening -**

Welcome to the Guilford Heart and Stroke Walk. I am Jason Upham with Cone Health and I am proud to be one of the 2022 Guilford Heart and Stroke Walk Co-Chairs. I am excited we are able to come back together this year as physical activity is critical to mental and physical health. The funds raised through the 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 signature sponsor Cone Health. Keep moving as we get back to the music.

### **Music Plays**

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**

Today we come together to celebrate heart and stroke survivors in a meaningful way. Thank you to Cone Health for helping to make it happen. Let's get back to the celebration!

### **Music Plays**



American Heart Association®  
**Heart Walk.**

## **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**

## **Healthy for Good PSA**

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**

## **Sponsor Shoutout**

Together, we are fighting for the health and well-being of the Triad region. Thank you to Syngenta for supporting us. Let's get back to our Heart Walk playlist.

## **Music Plays**

## **Closing PSA**

Thank you for walking with us today. Brent Hampton here with Century Products. It is an honor to serve as one of the 2022 Guilford Heart and Stroke Walk Co-Chairs. 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 Top Sponsors Cone Health and Syngenta. Don't forget to move more in fun and inspiring ways each day.