

## Heart Challenge Play List Transcripts for Videos:

Welcome to the Hawaii 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, Jason Fujita. Now, let's get some tunes going as we walk together!

24K Magic – Bruno Mars

Give Gratitude :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.

Wake Me Up – Avicii

SPONSOR MOMENT 4:

Today we come together to celebrate heart and stroke survivors in a meaningful way. Thank you to Kalaeloa Partners, LP, HEI Foundation, First Insurance Company of Hawai'i, Kaiser Permanente Hawai'i, Island Insurance Foundation, and The Queen's Health System for helping to make it happen. Let's get back to the celebration!

Dance Monkey – Tones and I

Levitating – Dua Lipa ft. Da Baby

**Rethink Your Drink :30**

Extra unneeded calories may be hiding in your drinks like sodas, juice, and sports drinks. Rethink the drinks that you consume throughout the day. Read nutrition labels for serving sizes and added sugars. The American Heart Association recommends water to hydrate. Add fruit or try a seltzer if you want to jazz it up. And carry a water refillable water bottle with you to make water, the easy choice. Small choices made each day add up to better health.

Bulletproof – La Roux

Heart Failure :15

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).

Magic – B.o.B

Just Dance – Lady GAGA

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.

With support of Hawaii businesses, the Association adopted 10 Hawai'i Federally Qualified Health Centers (FQHCs) to support their efforts to better control hypertension, or high blood pressure, in their patients. Through its advocacy efforts the Association helped secure state, and federal matching funds, to grow Hawaii's "Da Bux" program which doubles the amount of fruits and vegetables Supplemental Nutrition Assistant Program (SNAP) recipients may purchase using their SNAP allocations.

By working together, we are driving change. The kind of change that saves the lives of those we love. Our moms, dads, sisters, brothers, auntys, uncles, keike, and neighbors.

Ghost – Justin Bieber

Hey Ya! – Outkast

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.

Step by Step – New Kids on the Block

Butter – BTS

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!

Firework – Katy Perry

Mr. Jones – Counting Crows

Middle Moment SPONSOR 5:

Together, we are fighting for the health and well-being of Hawaii! Thanks to our sponsors Kalaeloa Partners, LP, HEI Foundation, First Insurance Company of Hawai'i, Kaiser Permanente Hawai'i, Island Insurance Foundation, and The Queen's Health System for supporting us. Let's get back to our Heart Walk playlist.

Dynamite – Taio Cruz

Move Your Body – Sia

CLOSING:

You have been listening to the Hawaii 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 Kalaeloa Partners, LP, HEI Foundation, First Insurance Company of Hawai'i, Kaiser Permanente Hawai'i, Island Insurance Foundation, and The Queen's Health System Don't forget to move more in fun and inspiring ways each day.