

### **Opening – Generic (00:50)**

Welcome to the Upstate Heart Walk. Cody Alcorn, here, with FOX Carolina News. And I'm thrilled to be joined by Kendra Kent and Margaret-Ann Carter as your emcees for this incredible event. We are so excited to move more with you today in celebration of healthy habits while making an impact in our community and saving lives. It's great 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, advocate, teach CPR and promote better health within our communities. A special thank you to this year's Heart Walk Chair, Reid Sherard, and all of our Executive Leadership Team members. Now, let's get some tunes going as we walk together! On your heart. Get set. Go!

### **Music Plays**

### **Locally Recorded Segment – Middle Moment Sponsor #5 (00:10)**

Together, we are fighting for the health and well-being of the Upstate community. Thanks to our Healthy For Good Sponsor Bon Secours St. Francis Health System for supporting us. Let's get back to our Heart Walk playlist.

### **Music Plays**

### **National PSA - Survivor Celebration (:30)**

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**

**Locally Recorded Segment – Middle Moment Sponsor #2 (00:10)**

A quick pause on the playlist to give a shout out to our Heart Walk Signature Sponsor Regional Management. Now back to the music.

**Music Plays**

**National PSA - 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**

**National PSA Top Walker (:15)**

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**

**National PSA Gratitude Challenge (:30)**

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. Grateful people engage more in exercise and have better dietary behaviors. The American Heart Association is committed to helping people live longer, healthier lives. Developing a daily gratitude habit is a great step on your journey to a healthier future.

**Music Plays**

**National PSA - Rethink Your Drink (:15)**

Extra unneeded calories may be hiding in your drinks like sodas, juice and sports drinks. Quench your thirst and rethink your drink. Opt for water with your favorite fruit for a boost of flavor.

## **Music Plays**

### **Closing from Chair (00:36)**

You have been listening to the Upstate 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 Healthy For Good Sponsor, Bon Secours St. Francis Health System. And our Signature Sponsor, Regional Management. Don't forget to move more in fun and inspiring ways each day.