

2023 National Heart Walk Playlist Transcript

Opening Announcement

Welcome to the Dallas Heart Walk. We all have a reason to walk today! What's yours? Do you walk to end heart disease? Or walk to honor a loved one? Or are you walking to have fun with coworkers? Whatever your reason, we're glad you're here! Funds raised through the Heart Walk help the American Heart Association save lives! With every dollar raised we can fund lifesaving research, further advocacy, teach CPR and promote better health in Dallas. So, let's celebrate together as we move more for healthier hearts and minds! A special thank you to this year's Heart Walk Chair, Dr. Mark Chassay. Now, let's get some tunes going and walk to save lives! On your heart. Get set. Go!

Music plays

Music Break Announcement 1

Today we come together to celebrate heart and stroke survivors in a meaningful way. Thank you to AT&T, Blue Cross and Blue Shield of Texas, Denbury, McCarthy, Oncor, and Toyota, for helping to make it happen. Let's get back to the celebration!

Music Plays

Music Break Announcement 2

Balance is key when it comes to eating healthy. The American Heart Association recommends a healthy dietary pattern with a variety of fruits, vegetables, whole grains, lean protein and low-fat dairy products. Start making smart food choices today.

For tips, visit heart.org/eatsmart.

Music Plays

Music Break Announcement 3

I walk to celebrate survivors! Heart and stroke survivors are the MVPs of the Dallas Heart Walk! That's why we give our survivors special commemorative red and white ball caps to wear proudly so we can celebrate their triumph over heart disease or stroke. And to celebrate our young survivors or what we like to call our Heart Heroes, we offer special superhero capes. See a survivor today? Give them a high-five and let them know how awesome they are!

Music Plays

Music Break Announcement 4

Physical activity is one of the best ways to help your heart and mind. Remember, 150 minutes a week of moderate intensity exercise will help you think, sleep and feel better.

Visit Heart.org for more tips and exercises.

Music Plays

Music Announcement 5

I walk to fund lifesaving science! Every dollar raised through the Heart Walk helps further research to keep hearts beating strong! When you raise funds, you're helping the American Heart Association save lives AND as an added bonus, it also earns you points in your personal Heart Walk Headquarters Rewards Center — points you can redeem for Heart Walk Hero Gear including our exclusive Heart Walk t-shirt and other cool swag. 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

Music Announcement 6

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 7

I walk to make a difference with my team! We want to give a special shout out to our Top Walkers who are helping make a BIG difference in our community! These superstars have individually raised over \$1,000 to help fund the mission of the American Heart Association. All Top Walkers receive recognition at the Dallas Heart Walk and exclusive Top Walk rewards. Thank you for all of your hard work!

Music Plays

Music Announcement 8

At work or at play, pets are the best. Your pet is actually good for your health, too. Pet companions help us handle stress and boost our physical and mental health. So say thank you to your four legged friend for helping you live a healthier life.

Music Plays

Music Announcement 9

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 10

You have been listening to the Dallas Heart Walk On Demand playlist. With every step and every dollar raised, you are building a legacy that will save and improve lives! We all have a reason to walk today and no matter what your reason, we're glad you did! A special thank you to our sponsors AT&T, Blue Cross and Blue Shield of Texas, Denbury, McCarthy, Oncor, and Toyota. Thanks for walking to save lives! And don't forget to find ways to move more in fun and inspiring ways each day!