

### **Opening Announcement 1:00**

Welcome to the Greater Orlando 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 Central Florida. 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, Brad Hillmon from AdventHealth. Now, let's get some tunes going and walk to save lives! On your heart. Get set. Go!

### **Music Plays - Waiting All Night 4:52**

### **PSA Commercial - 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).

### **Music Plays - Believer 3:24**

### **PSA Commercial - Benefits of Having a Pet :15**

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 - Ain't No Mountain High Enough 2:26**

### **Music Plays - Dynamite 3:23**

### **Middle Moments :45**

This music is motivating and reduces stress. Thanks to our sponsors AdventHealth, HCA Florida Healthcare, Brooks Rehabilitation and Walgreens for the jams. More music starting now.

### **Music Plays - Sweet Dreams 3:28**

### **Music Plays - The Greatest 3:30**

### **PSA Commercial - Gratitude Challenge :15**

Did you know that practicing gratitude can be good for your health? Developing a daily gratitude habit like writing down what you're thankful for is a great step on your journey to a healthier future.

### **Music Plays - I Knew You Were Trouble 3:39**

### **Music Plays - Sun Comes Up 3:52**

### **Middle Moments :45**

Together, we are fighting for the health and well-being of Central Florida. Thanks to our sponsors AdventHealth, HCA Florida Healthcare, Brooks Rehabilitation and Walgreens for supporting us. Let's get back to our Heart Walk playlist.

### **Music Plays - Just Dance 4:02**

**Middle Moments :45**

I walk to save lives! If a loved one suddenly collapsed, would you know what to do? If the answer is no, you are not alone. In fact, 7 in 10 Americans feel the exact same way. That's why, the American Heart Association is building a Nation of Lifesavers! We're helping more people learn CPR and share their knowledge with others too! You can join our nation of lifesavers and be the difference between life and death for someone experiencing a cardiac emergency. Learn how at [heart.org/nation](http://heart.org/nation) or stop by our CPR tent.

**Music Plays – Wake Me Up 4:09**

**Music Plays – A Sky Full of Stars 4:28**

**PSA Commercial – Stretching Moments :30**

Warming up and cooling down are good for your exercise performance. You'll do better, faster, stronger. And for your heart stretching is a great option. Hold each stretch for 10 to 30 seconds. Exhale as you stretch ah, inhale while holding. Check out more tips at [heart.org/movemore](http://heart.org/movemore).

**Music Plays – Levitating 3:23**

**Music Plays – We Found Love 3:35**

**PSA Commercial – 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 – Superheroes, Rain on Me, Beautiful People 10:21**

**Closing :45**

You have been listening to the Greater Orlando 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 AdventHealth, HCA Florida Healthcare, Brooks Rehabilitation and Walgreens. Thanks for walking to save lives! And don't forget to find ways to move more in fun and inspiring ways each day!