

2023 Philadelphia Heart Walk Playlist

Opening Announcement

Welcome to the Philadelphia 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 Philadelphia. 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, Kate Fitzpatrick, Chief Nurse Executive Officer at Jefferson Health. Now, let's get some tunes going and walk to save lives! On your heart. Get set. Go!

Music Plays

Music Break Announcement 1

At work or at play, pets are the best. Your pet is 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 Break Announcement 2

You are listening to the Heart Walk playlist today brought to you by our sponsors, Jefferson Health, Colonial Penn, Independence Blue Cross and NFI Industries, Keep moving as we get back to the music.

Music Plays

Music Break Announcement 3

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

Music Plays

Music Break Announcement 4

I walk to celebrate survivors! Heart and stroke survivors are the MVPs of the Philadelphia 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 diseases or stroke. And to celebrate our young survivors or what we like to call our Heart Heroes, we offer special superhero capes. If you see a survivor today give them a high-five or a fist bump and let them know how awesome they are! Thank you to Janssen our local sponsor.

Music Plays

Music Break Announcement 5

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 Break Announcement 6

We do so much with our hands every day, but the most important thing may be saving someone's life. Join the American Heart Association's Nation of Lifesavers and learn how to save a life at our CPR expo area today! The power is in YOUR hands.

Music Plays

Music Break Announcement 7

You have been listening to the Philadelphia 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 Jefferson Health, Colonial Penn, Independence Blue Cross and NFI Industries. Thank you for walking to save lives! And don't forget to find ways to move more in fun and inspiring ways each day at heart.org!