



American Heart Association®
Heart Walk®



2024 MIAMI-DADE HEART WALK

I WALK
PARA AMAR MI
CORAZÓN



JOIN A COMMUNITY OF *LIFESAVERS*

Heart disease and stroke impact people in very personal, life-changing ways. Bold moves, and dedicated researchers and volunteers, have resulted in significant medical advancements over 100 years. This year, we want to connect with and share the reasons why we need to eliminate heart disease and stroke.

I WALK TO END HEART DISEASE AND STROKE!

Put the lifesaving power of CPR into more hands and celebrate the sound of our hearts beating as one.

I WALK TO GET MY HEART PUMPING!

Keep hearts beating and brains healthy with every step. Get moving together with our new activity tracker and challenges.

I WALK TO SAVE LIVES!

Fund lifesaving research that leads to medical breakthroughs and saving lives right here in our community.

SIGN UP, STEP OUT, AND SHARE YOUR PERSONAL WHY!

Saturday, November 23rd, 2024
Florida International University
MARC Lawn

LOCALLY SPONSORED BY



ADP | Almazan Law | Amgen | Bermello Ajamil & Partners, INC | HCA Florida Healthcare | LaCroix Sparkling Water
Mount Sinai Medical Center | Victoria Nursing & Rehabilitation

MEDIA SPONSORS





Your Heart Walk **MADE EASY!**

Participating in the Heart Walk is about

COMING TOGETHER
GETTING HEART PUMPING
HONORING SURVIVORS

RAISING LIFESAVING FUNDS
SPREADING AWARENESS
HAVING FUN ALONG THE WAY

This year's event invites you to Heart Walk Here with us in person or wherever you feel inspired on Saturday, November 23rd!



START (OR JOIN) A TEAM!
Register today at MiamiDadeHeartWalk.org for instant access to fundraising tools and rewards. By offering flexible options for participation, we're going to reach more people than ever!



RAISE FUNDS & SAVE LIVES
Start fundraising fast with Facebook. Log into your Heart Walk HQ to connect your fundraiser and follow the steps to invite your friends, share updates and collect donations



LET US CELEBRATE YOU!
The more funds you raise, the more points you earn to redeem for Heart Walk Hero Gear and show your support of the American Heart Association all year long!



American Heart Association
Heart Walk.

IT ONLY TAKES A FEW
STEPS TO SAVE LIVES
LIKE **JAVION**



JAVION,
Cardiac
Arrest
Survivor

At 13, Javion collapsed during basketball practice while suffering sudden cardiac arrest. His coaches performed CPR and used an AED to shock his heart back into rhythm, saving his life. By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science while saving lives like Javion.

The AHA is committed to funding early-career investigators, whose work is vital to the future of heart and brain health.

22 MILLION PEOPLE
TRAINED
In CPR every year

19+ MILLION
PATIENTS
BENEFITED
From a Quality Care Initiative for
High Blood Pressure

\$4.9 BILLION INVESTED
in Research Funding since 1949 which
is more than any non-profit
organization except the federal
government

14 NOBEL
PRIZE
WINNERS
and other notable brain and
cardiovascular scientists had their
careers launched thanks to funding
from the AHA

2 OUT OF **3** APPLICATIONS
RECEIVED
equal to 1,530 application worth
about \$412.5 million were not able to
be funded

598 NEW
RESEARCH
PROJECTS
in the last year which totaled to
\$135.8 million

HOW CAN I MAKE MY MARK?



I WALK TO SAVE LIVES.

With every step I take, I know I am helping fund the next big breakthrough that may help save the life of someone I love – or even my own life. Every walker who joins, every dollar donated, means more research, more people trained in lifesaving CPR, more medical breakthroughs and more lifesaving moments for hearts big and small.



EAT SMART.

Healthy eating starts with healthy food choices. Obesity, high blood pressure and high cholesterol are all risk factors for heart disease and stroke. You don't need to be a chef to create nutritious, heart-healthy meals your family will love. Eating a healthy diet is an important first step to bringing health and well-being into everyone's homes.

GIVE GRATITUDE.

Managing stress means managing your health. Gratitude, or thankfulness, is a powerful tool that can reduce levels of depression and anxiety and improve sleep. [Click Here to Learn More.](#)

Locally Sponsored by



Baptist Health
Heart & Vascular Care

BECOME A LIFESAVER.

Our hands can do so many things, the most important of which may be saving someone's life. When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby.

Locally Sponsored by



American AED
Automated External Defibrillators
ONE BEAT MEDICAL Company

JOIN THE CONVERSATION.

Vaping kills 480,000 Americans each year. Every day, over 3,500 youths start vaping. In 2018 alone, the number of high school students who vape nearly doubled. [Click here to learn more.](#)

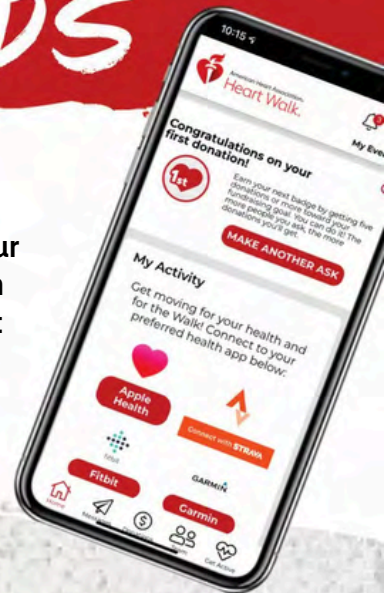




Move more, **RAISE FUNDS**

THERE'S AN APP FOR THAT!

Download the Heart Walk App to join the Move More Activity Challenge and kick off your fundraising. You now can track your minutes of exercise right from your phone! Through the Heart Walk app you'll be able to log in and start tracking 30 days before your Heart Walk event!



MOVE MORE ACTIVITY CHALLENGE

You can now track your minutes of exercise and participate in fun activity challenges right from your phone through the Heart Walk app!

"SET IT AND FORGET IT" MESSAGES

Pre-written Emails, Text Messages or Social Media posts makes it easy for your friends and family to support you and our mission with a donation!

MY PERSONAL IMPACT GOALS

Total Raised

\$ _____

Teammates to Recruit

This year,

I WALK FOR _____



American Heart Association.
Heart Walk.

WEEK OF WELLNESS



**November 18th -
November 22nd**

Exercise your mind, body and spirit during the week leading up to your Heart Walk. Find a daily dose of inspiration on the [Facebook page!](#)

MOVE MORE MONDAY November 18th, 2024

Get warmed up for Week of Wellness and [Stop Sitting](#) today with a binge break with our #MadeYouMove [Sofa Stretch](#), [Accent Chair Dips](#) or [Torso Twist](#).

EAT SMART: HEALTHY TIPS TUESDAY November 19th, 2024

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart with [healthier condiments](#) or [smart substitutions!](#)

BE WELL WEDNESDAY November 20th, 2024

On our final Heart Walk Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a [guided meditation](#).

THANKFUL THURSDAY November 21st, 2024

Gratitude is more than a buzzword. It's a habit that may change your sense of well-being. Take a moment today to call or text someone you are thankful for.

KNOW BEFORE YOU GO FRIDAY November 22nd, 2024

Keep an eye on your inbox for more detailed information and to ensure you're fully prepared for the Miami Heart Walk.

HEART WALK DAY!

Join us on November 23rd at Florida International University for our Heart Walk celebration. Can't join us in person? Create your own start line wherever you are! Share your photos with [#MiamiDadeHeartWalk!](#)





HEART WALK

Day of Event



TOP WALKERS (Raise \$1K+)

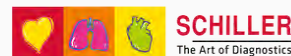
Let us celebrate your Top Walker achievement. Here in Miami, Top Walkers will receive a commemorative centennial T-shirt, a lanyard, and a AHA insulated water bottle.



KNOW YOUR NUMBERS

Knowing your numbers help determine risk for heart disease and stroke.

Locally Sponsored by



GET YOUR LDL ON PAR!

Play a quick round of mini golf, get a prize, and learn something about your LDL cholesterol levels.

Locally Sponsored by

Amgen

CELEBRATE SURVIVORS

Locally Sponsored by
Almazan Law

Survivors are the HEART of every walk. If you or your child are a survivor, show everyone your triumphs. At the Heart Walk, survivors are given commemorative red or white ball caps to wear during the walk. To celebrate our child Heart Heroes, we offer special SUPERHERO CAPES for young survivors.



CELEBRATE SURVIVORS



Our **SURVIVOR FINISH LANE** celebrates the journey heart disease and stroke survivors have taken to be at the Heart Walk. Be filled with joy as volunteers, family and friends all participate in our cheering section as you cross the finish line. Don't forget to pose for a Survivor Finish Line photo op and ring the Survivor bell to celebrate your accomplishment of crossing the finish line.

SAVE LIVES AND EARN SWAG!

Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center —points you can redeem for Heart Walk Hero Gear. It's our way of saying thanks and it's a great way to show your support of heart and brain health!



REWARD MILESTONES AND LEVELS

\$100
HERO

\$250
MEDALIST

\$500
WARRIOR

\$1,000
LIFE SAVER

\$2,550
ADVOCATE

\$5,000
CHAMPION

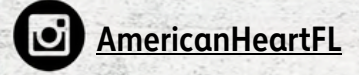
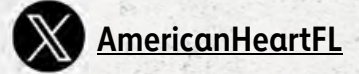
Log in to your Heart Walk HQ on your PC or HW App to visit the [Rewards Center](#).

During your walk, listen to our **EXCLUSIVE Heart Walk on Demand** playlist, wherever you are!

Find this playlist on [our website](#) on Monday, November 18th.

JOIN A COMMUNITY OF *LIFESAVERS*

2024 MIAMI-DADE HEART WALK



November 23rd, 2024

Florida International University | Marc Lawn - 11200 S.W. 8th Street Miami, FL 33199

TODAY

Register online for access to our turnkey digital tools and rewards at MiamiDadeHeartWalk.org

Company Photos

Say cheese! Check the [schedule](#) on our website for the exact time of your company photo.

Festivities 8:00AM

Have Fun with all our sponsors activities: Kids Zone, scavenger hunt, mini-golf and more!

Warm-Up

Get Pumped before the walk with our warm-up activity sponsored by HCA Florida Healthcare.

Walk Starts 9:00AM

Miami Dade Heart Walk! Join the fun on social media with #MiamiDadeHeartWalk

Parking/FAQs

Parking is available for purchase in the BLUE or GOLD parking garages on campus. [Click here](#) to visit our frequently asked questions!

PRESENTING SPONSOR



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Victoria Nursing & Rehabilitation

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HAUTE LIVING

