

## Dallas Heart Walk Playlist Transcript

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, Allen Nye. Now, let's get some tunes going and walk to save lives! On your heart. Get set. Go!

*Music Plays*

*Music Announcement 1*

Did you know that practicing gratitude can be good for your health? It can help you sleep better, lower your blood pressure, and improve your mood and immune function. Developing a daily gratitude habit is a great step on your journey to a healthier future. Write down what you're thankful for, send a friend a gratitude text, or simply take moments out of your day to think about the good. It all leads to a healthier mind and a healthier heart.

*Music Plays*

*Music Announcement 2*

Hola, ¿sabías que la RCP, especialmente si se realiza de inmediato, puede duplicar o triplicar las posibilidades de supervivencia de una víctima de paro cardíaco? Esté preparado con la RCP de 2 pasos solo con las manos, ¡puede marcar la diferencia en una situación que amenaza la vida! Primero llame al 9-1-1, luego presione fuerte y rápido en el centro del pecho hasta que llegue la ayuda.

Es importante dar 100-120 compresiones por minuto o al ritmo de "Ni Parientes Somos" de Los Tigres del Norte, "La Negra Tiene Tumbao" de Celia Cruz, o "Titi me pregunto" de Bad Bunny. Eso es todo, ¡feliz paseo!

*Music Plays*

*Music Announcement 3*

At the heart of a healthy lifestyle is good nutrition. The American Heart Association recommends a healthy dietary pattern emphasizing fruits, vegetables, whole grains, beans, legumes, lean protein and fish, , nuts, and nonfat or low fat dairy products. Start making smart food choices to help reduce your risk of heart disease and stroke.

For tips, visit [heart.org/eatsmart](http://heart.org/eatsmart).

*Music Plays*

*Music Announcement 4*

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*

*Music Announcement 5*

Hey walkers, did you know CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival? Be ready with 2-step hands only CPR, you can make a difference in a life-threatening situation! First call 9-1-1 then push hard and fast in the center of the chest until help arrives.

It's important to pump 100-120 compression per minute or to the beat of "Stayin' Alive" by the Bee Gees, "Call Me Maybe" by Carly Rae Jepsen, or "Wannabe" by the Spice Girls. Want more songs? Check out the AHA Don't Drop the Beat on Spotify. That's all, happy walking!

*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](http://heart.org).

*Music Plays*

*Music Announcement 7*

¡Camino para salvar vidas! Si un ser querido colapsa repentinamente, ¿sabría qué hacer? Si la respuesta es no, no estás solo. ¡La Asociación Americana del Corazón está construyendo una Nación de Salvadores de Vidas ! ¡Estamos ayudando a más personas a aprender RCP y a compartir sus conocimientos con otros también! Puedes unirte a nuestra nación de salvavidas y ser la diferencia entre la vida y la muerte para alguien que experimenta una emergencia cardíaca.

*Music Plays*

*Music Announcement 8*

Being healthy can be bright, happy, tasty, and fun! All it takes are a few little changes that can add up to make a big difference, like a little more color in your diet or a few extra Zzzs each night. Join the movement at [heart.org/healthyforgood](http://heart.org/healthyforgood) and we'll help you get and stay healthy for good.

*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*

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 by visiting our CPR expo area today! With hands-only CPR, all it takes are 2 simple steps to be effective and efficient when saving a life. The power is in YOUR hands.

*Music Plays*

*Music Announcement 11*

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 Oncor, AT&T, Denbury, Toyota, and

McCarthy. Thanks for walking to save lives! And don't forget to find ways to move more in fun and inspiring ways each day!