

2024 Greater Orlando Heart Walk Playlist Transcript

Opening Announcement

Welcome to the Greater Orlando Heart Walk, and a special one at that, as The American Heart Association celebrates 100 YEARS! We all have a reason to walk today. What's yours? Do you walk to end heart disease? Or to honor a loved one? Or are you walking to have fun with co-workers? 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 move more together to ensure all people can enjoy longer, healthier lives! A special thank you to this year's Heart Walk Chair, Tom Langer from Brooks Rehabilitation. Now, let's get some tunes going and walk to save lives! On your heart. Get set. Go!

Music plays

Music Break Announcement 1

Extra unneeded calories may be hiding in your drinks like sodas, juice, and sports drinks. Rethink the drinks that you consume throughout the day. Read nutrition labels for serving sizes and added sugars. The American Heart Association recommends water to hydrate. Add fruit or try a seltzer if you want to jazz it up. And carry a water refillable water bottle with you to make water, the easy choice. Small choices made each day add up to better health.

Music plays

Music Break Announcement 2

Certain music is proven to motivate and reduce stress. Thanks to our sponsors AdventHealth, HCA Florida Healthcare, Brooks Rehabilitation and Walgreens for the jams that will keep you moving and grooving the whole way. More music starting now.

Music plays

Music Break Announcement 3

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 Break Announcement 4

For 100 years, the American Heart Association has saved and improved lives, pioneered scientific discovery and advocated for healthy communities. Heart Walk saves lives by bringing friends, families, coworkers, and neighbors together. Together, we are fighting for the health and well-being of Central Florida. Thanks to our sponsors AdventHealth, HCA Florida Healthcare, Brooks Rehabilitation and so many others for your dedication and support to our mission. Now, let's get back to our Heart Walk playlist!

Music plays

Music Break Announcement 5

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 Break Announcement 6

Today we all 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 or stop by our CPR tent.

Music plays

Music Break Announcement 7

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 ensure happier and healthier 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 others who make events like this one possible. We are grateful for each and every one of you for walking to save lives!