



American Heart Association.
Heart Walk.



2023 CSRA

HEART WALK

March 25th | SRP Park

I WALK TO SAVE LIVES. SO CAN YOU.

Heart disease and stroke impact people in very personal, life-changing ways. This year, we want to connect with and share the reasons why we need to eliminate heart disease and stroke.

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.

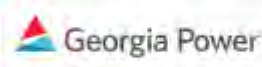
I walk to end heart disease and stroke.

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

I walk to save lives.

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

locally sponsored by



Battelle Savannah River Alliance
Blue Cross Blue Shield
Centerra - Savannah River Site

Savannah River Mission Completion
Solvay
SRP Federal Credit Union
Textron

Walton Rehabilitation Hospital-
Encompass Health
WE2

Merrick & Company
Security Federal Bank
Truist

Sign up, Step out and share your personal WHY.



YOUR HEART WALK *MADE EASY*

Get started here. Participating in the Heart Walk is about coming together, getting hearts pumping, honoring survivors, raising lifesaving funds – and 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 March 25th!



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



RAI\$E 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!

I walk to save lives.



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NOW MORE THAN EVER, **YOUR SUPPORT IS NEEDED.**

By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science.



I WALK TO
SAVE LIVES LIKE **CAITLYN**

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



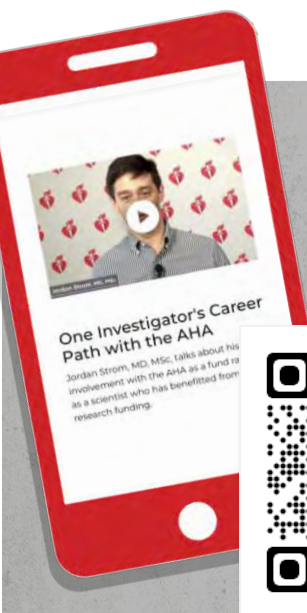
Last year, the American Heart Association funded **598 new research** projects totaling **\$135.8 million**.



Unfortunately, another **1,530 applications** (2 out of 3 applications received), worth **\$412.5 million** could not be funded.



Funding from the **AHA helped launch the careers** of many prominent cardiovascular and brain scientists, **including 14 Nobel prize winners**.



Hear from an investigator about how the AHA changed his career!
Scan the QR code & scroll to video!



\$4.9 BILLION Invested in Research Funding Since 1949
More than any nonprofit organization except the federal government

22 MILLION People Trained in CPR Each Year

19+ MILLION Patients Benefiting From a Quality Care Initiative for High Blood Pressure

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.

"I walk to ..."

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!](#)

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.

JOIN THE CONVERSATION. [Click here to learn more in South Carolina!](#) [Click here for Georgia.](#)



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WEEK OF WELLNESS

Exercise your mind, body and spirit during the week leading up to your Heart Walk. Find a daily dose of inspiration at [@AHAGeorgia](#) or [@AmericanHeartSC](#)



MOVE MORE MONDAY March 20th

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 March 21st

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 March 22nd

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 March 23rd

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 March 24th

Be sure to check your emails for any last minute updates and announcements!

HEART WALK DAY. Join us on March 25th at [SRP Park](#) for our Heart Walk celebration. **Can't join us in person?** Create your own start line wherever you are! Share your photos with [#CSRAHeartWalk](#)!





2023 CSRA

Heart Walk

Day of Event

March 25th | SRP Park



TOP WALKERS *(Raise \$1K+)*

Let us celebrate your achievement as a Top Walker achievement with a t-shirt!



RED SHOE CREW *(Raise \$2K+)*

Let us celebrate your achievement as a Red Shoe Crew Member with red converses your first year and different incentives based on years involved in the RSC!



EXECUTIVES WITH HEART *(Raise \$5K+)*

Group photo from HW featured on a digital billboard in the CSRA, Recognition Plaque & Top Walker/Red Shoe Crew Rewards!



KNOW YOUR NUMBERS

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

ALL WALKERS
Opportunity to earn
rewards in the Heart
Walk Rewards Center!



CELEBRATE SURVIVORS

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.



American Heart Association®
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During your walk, listen to our
EXCLUSIVE Heart Walk On Demand
playlist, no matter where you are!

Get Your *GROOVE ON.*

Finish strong

Our **FINISH LINE** 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.

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](#).

I walk to save lives. So can you.

2023

HEART WALK

March 25th | SRP Park



@AmericanheartSC



@aha_georgia



Today

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

LIVE NOW

Move More Activity Challenge goes LIVE in the Heart Walk app

March 22

Participate in our **City-Wide Rally Day** to recruit your full team and raise awareness!

March 25

CSRA Heart Walk! Join the fun on social media with **#CSRAHeartWalk** **#HeartWalk**

Post Event

Need to turn in donations after the Walk?

Contact Marah at
marah.curry@heart.org

Rewards on your dashboard expire 6 weeks post your event!

FAQs

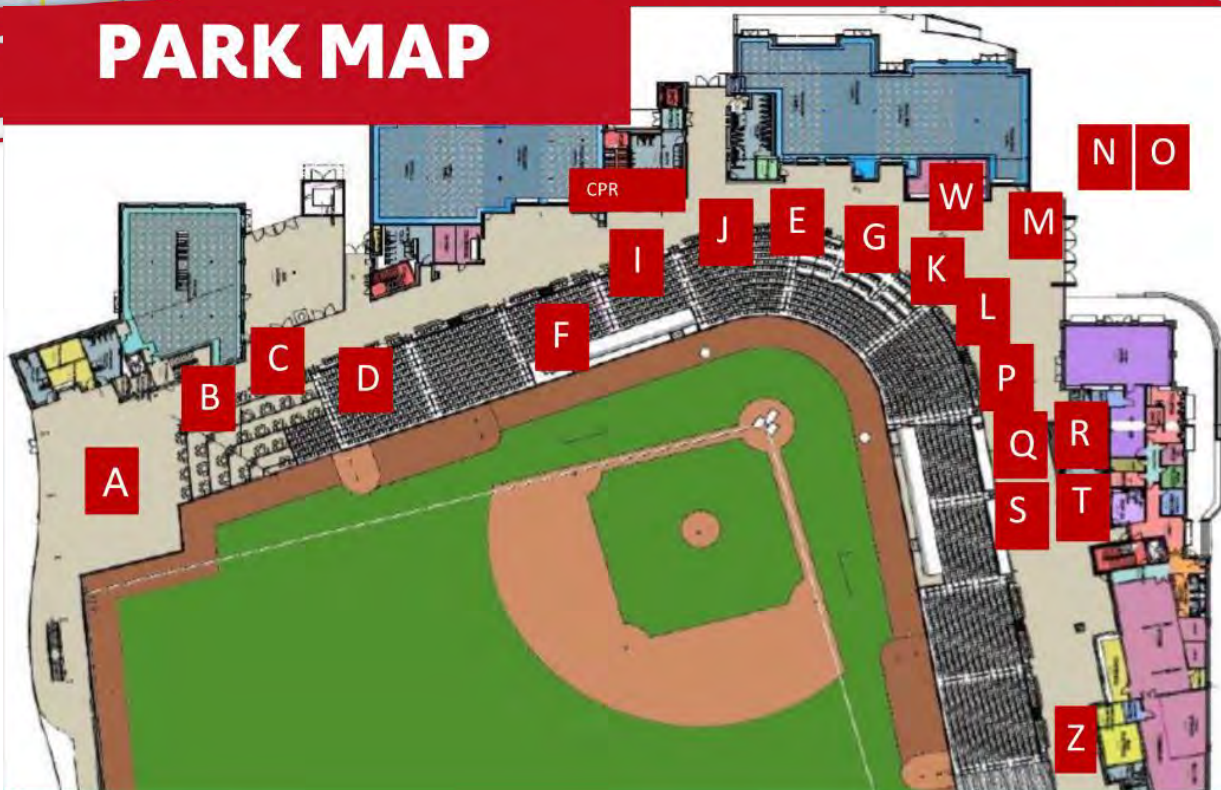
[Click here](#) visit our frequently asked questions!



American Heart Association.
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PARK MAP



A: SRNS Employee Area
B: SRMC
C: Battelle Savannah River Alliance
D: Centerra
E: SRP Federal Credit Union
F: AU Employee Area
G: Bridgestone
I: CPR Training Information
J: Augusta University
K: Survivor Pick-up
L: Top Walker T-shirt Pick-up & Red Shoe Crew

M: Donation Turn-in
N: Sponsor/Volunteer Check-in
O: Information Booth & Tribute Stickers
P: SRNS
Q: Textron
R: Aiken Regional Medical Centers
S: Georgia Power
T: Walton Rehabilitation Hospital
W: Hydration Station
Z: Kids Zone



The CSRA Heart Walk route is approximately 3 miles long. There is also a 1-mile route available for survivors and beginner walkers.



HEART WALK DAY!

Here's some ways to have fun at The CSRA Heart Walk!

Gates Open 8 a.m.
Opening Ceremony 8:40 a.m.
Walk Begins 9 a.m.



Stop by the Information booth to fill out your Reason to Walk

Let us celebrate your personal reason to walk.

CELEBRATE SURVIVORS

Survivors are the HEART of every walk. Survivors are given commemorative red or white ball caps to wear during the walk to show their triumph over heart disease or stroke. Be sure to stop by the Survivor Celebration Area to pick up your hat. Children survivors get a Heart Hero Cape!



Visit our AMAZING Sponsortables across the entire concourse.

Visit our educational opportunities and MOVE MORE areas throughout the park.



Did your company or team make your own T-Shirt?!? Get Ready to STRUT!

Get ready for the t-shirt strut! All companies who created T-shirts for the Walk will have the opportunity to strut their stuff in the t-shirt strut! Pick a company member to show off the shirt day of event in our program. There will be an announcement made during the opening ceremony.

GET YOUR GROOVE ON

During your walk, listen to our EXCLUSIVE Heart Walk On Demand playlist available on our Heart Walk website and your Heart Walk app!

START LINE

Please allow our Heart and Stroke Survivors to line up at the front and kick off the walk!



LISTEN NOW!



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Heart Walk.

2023 CSRA HEART WALK

www.CSRAHeartWalk.org
#CSRAHeartWalk

HEART WALK EVENT GUIDE

Everything to know before you go!

HEART WALK DAY!



SATURDAY, March 25th

Gates Open at 8:00 AM
Opening Ceremony 8:40 AM
Walk begins at 9:00 AM



SRP Park
187 Railroad Ave, North Augusta, SC 29841



START LINE

The Start Line is located at the stadium entrance to the right of the round about. Please allow our Heart and Stroke Survivors with their red and white caps to line up at the front and kick off the walk!



PARKING

Parking is available in the SRP parking garage. There is limited street parking as well. Parking is free for all attendees.





American Heart Association®
Heart Walk®

FREQUENTLY ASKED QUESTIONS

For additional information regarding the Heart Walk, please visit CSRAHeartWalk.org and click on "More Details" on the left side of your page.

Where do the proceeds go?

Donations raised for the CSRA Heart Walk will go to the American Heart Association, funding life-saving heart disease and stroke research, community programs, and advocacy efforts. For more information on the American Heart Association, visit Heart.org.

How long is the walk?

The Heart Walk route is ~3 miles long. There is also a 1-mile route available for our survivors and beginner walkers.

Where do I turn in money?

You can turn in money to your coach or your American Heart Association staff partner prior to the Heart Walk. At the Heart Walk, donations can be brought to the donation collection. Donations will be accepted before, during and after the Heart Walk.

How do I get a t-shirt?

Individuals who raise \$100 or more can redeem their points through the Rewards Center found on the Heart Walk website.

Will food and water be provided?

A refreshment area with fruit and water will be located near the park's entrance. There will also be a water station along the route. We *strongly* encourage you to bring your own reusable water bottle to stay hydrated during the walk.

Are strollers and pets allowed?

Strollers are permitted! The CSRA Heart Walk is a family-friendly event. Only service animals are allowed on SRP property. Well behaved dogs are welcome on the walk route; they must be on a leash at all times. Please pick up after your pets and dispose of it properly.