

2021 -2022 American Heart Challenge Two Hour Playlist Transcript

Opening Announcement

Welcome to the American Heart Challenge! Thank you for raising awareness and donations for things like heart defects in babies, nutrition security, CPR training, and health equity as we work to end heart disease and stroke! Now, it's time to raise our heart rates!

Music plays

Dance Monkey by Tones
Cheap Thrills by Sia

Music Break Announcement 1

Hi, my name is Boyd Mayberry. I was born with HLHS. That means I have half a heart. Thank you for supporting kids like me.

Music Plays

Rain on Me by Lada Gaga and Ariana Grande
Butter by BTS
Move your Body by Sia

Music Break Announcement 2

How often are you reaching for an energy drink, fancy coffee drink, or soda? That sugary morning coffee, soda, or energy drink can affect your health. Studies show that youth consume enough sugary drinks each year to fill a bathtub. AN ENTIRE BATHTUB!!! That's more than 10 times what we should be having! Rethink your drink, and go for a better for your choice without all that added sugar.

Music Plays

Midnight Sky by Miley Cyrus
Mama by Jonas Blue

Music Break Announcement 3

Want to quit vaping today? You're not alone, and we're here to help. Text HEART to 88709 for free, anonymous text support, at any time. Just text HEART (*spell out* - H-E-A-R-T) to 88709.

Music Plays

I Knew You Were Trouble by Taylor Swift
Lush Life by Zara Larsson

Music Break Announcement 4

Hi. My name is Sophie. I was born with a hole in my heart. Thank you for helping kids like me.

Music Plays

Fight Song by Rachel Platten
Cha Cha Slide by DJ Casper

Music Announcement 5

Hey, I have a tip for you - improve your sleep by outsmarting your smart phone. Try this tip to improve your sleep: **Block it**. Set your phone on "do not disturb" at night to block your notification from popping up and keeping you awake.

Music Plays

Sweet Dreams by Beyonce

Tik Tok by Kesha

Music Announcement 6

Did you know that \$40 could train a family how to save a life through Hands-Only CPR? \$40 may seem like a lot to donate but to you probably know four people that you could ask to donate \$10 each to help potentially save lives since more people will know how to respond in a cardiac emergency.

Music Plays

Move Along by The All American Rejects

Be Kind by Marshmello

Get the Party Started by Pink

Music Announcement 7

Your heart is not going to start itself! If you see someone collapse from cardiac arrest, be sure to perform Hands-Only CPR right away! Hands-Only CPR can double or even triple someone's chance of survival. And ANYONE can perform Hands-Only CPR. That means YOU can help save a life!

Music Plays

Handclap by Fitz and the Tantrums

Dynamite by Taio Cruz

Music Announcement 8

Hi! My name is Jaeden and I was born with a hole in my heart that couldn't close on its own. So, at two months old I had to get open heart surgery to fix my heart. Even though I was born with a heart defect, I do everything I can to keep my heart healthy, and I hope you do too! I eat as healthy as I can, and I get lots of physical activity when I go to play outside, go to the pool and dance! Thank you for raising funds and helping hearts like mine!

Music Plays

Stay by Zedd

Hey Ya! By Outkast

Music Announcement 9

BOOP! Did you know that pets are good for your health? Studies show that dog owners may live longer than non-dog owners. Pets help to manage anxiety, provide companionship and support, and they can help you be more active. Now, whose a good boy?!

Music Plays

Magic by B.o.B

Thunder by Imagine Dragons

Wake Me Up by Avicii

Music Announcement 10

Can you imagine not having a single grocery store in the state of California? That's how many people have limited access to healthy foods in the United States. The American Heart Association is working hard to make sure everyone has access to healthy foods no matter where you live. We are SO thankful for your help and support! YOU are making a difference!

Music Plays

I Like Me Better by Lauv

Firework by Katy Perry

Music Announcement 11

So glad to see you getting your heart rate up! We want to move our body for 60 minutes every day - that's one hour! And while that may sound like a lot, you can break that up throughout the day. 15 minutes here, 15 minutes there; it all adds up! So, what are you waiting for? Get moving!

Music Plays

Wolves by Selena Gomez

24K Magic by Bruno Mars

Music Announcement 12

Did you know when you use an e-cigarette you inhale aerosol into your lungs? Aerosol...like what's in hairspray and spray paint. GROSS! Go to tobacco endgame DOT org to learn more.

Music Plays

Roar by Katy Perry

The Greatest by Sia

Music Announcement 13

It takes the average person 3 times of receiving an email to finally open it - can you send out just ONE MORE reminder about your American Heart Challenge efforts to family and friends asking for their support by making a donation?

Music Plays

Shake It Off by Taylor Swift

Hold My Hand by Jess Glyné

Music Announcement 14

Hi. My name is Finn, and I was born with a special heart. I had eighteen procedures to help fix my heart. And your support of the American Heart Association helps kids like me!

Music Plays

Just Dance by Lady Gaga

On Top Of The World by Imagine Dragons

Closing Announcement

Thank you for your support of the American Heart Challenge! I hope you had fun, learned a little something, and feel inspired to keep your heart healthy! I want to say a big thank you for fueling our mission. Because of you, lives are going to be changed!