

2021 -2022 American Heart Challenge 30 Minute 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

Wake My Up by Avicii

Music Break Announcement 1

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

Rain On Me by Lady Gaga and Ariana Grande

Music Break Announcement 2

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

Butter by BTS

Music Break Announcement 3

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

Dance Monkey by Tones and I

Music Break Announcement 4

Every year, 17 million people worldwide die from cardiovascular disease. That's nearly double the population of New York City! A \$25 donation, combined with gifts from others, could help fund lifesaving research that will save and improve lives from heart disease and stroke. Thank you so much for your support of the American Heart Association! You're helping to improve the lives of millions of people!

Music Plays

On Top of the World by Imagine Dragons

Music Announcement 5

Hi, I'm Quinn and I had three heart surgeries. Thank you for being a hero for kids like me.

Music Plays

Handclap by Fitz and the Tantrums

Music Announcement 6

Did you know that there can be the same amount of nicotine in ONE Juul pod as in an ENTIRE pack of cigarettes? Wow, that's a LOT of nicotine! And you know what nicotine does? It increases your heart rate, tenses your muscles, and decreases the oxygen to you brain. So much for its reputation for "relieving stress".

Music Plays
Stay by Zedd

Music Announcement 7

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
Move Along by The All American Rejects

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!