

## 2021 -2022 American Heart Challenge Four 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

Dance Money by Tones and I

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!

Just Dance by Lady Gaga

On Top Of The World by Imagine Dragons

Music Announcement 15

Hi everyone. My name is Clelia. I was born with transposition of the great arteries. Thank you for helping kids like me!

Music Plays

Old Town Road by Lil Nas X

Keep Your Head Up by Andy Grammer

Music Announcement 16

Small hearts with big challenges need our help. Nearly 1 in 100 babies are born with a heart defect. Which is why your support of the American Heart Challenge is so important! Thank you for changing and saving lives!

Music Plays

Butter by BTS

Mama by Jonas Blue

#### Music Announcement 17

Ever find yourself lying in bed, scrolling endlessly on your phone? We all know to set an alarm to wake up in the morning, but have you set an alarm to get ready for bed at night? Prioritize hitting the pillow and aim for 8-10 hours of sleep a night. Catching ZZZs could be the key to unlocking a healthier you. The amount and quality of sleep can influence your eating habits, mood, memory, internal organs, and more. Who knew you could make such a difference, all while sleeping?!

#### Music Plays

Cheap Thrills by Sia

Move Along by The All American Rejects

#### Music Announcement 18

Hi. My name is Isabelle, and I was born with exaggerated heart rate response. Thank you for helping kids like me.

#### Music Plays

I Knew You Were Trouble by Taylor Swift

Rain On Me by Lada Gaga and Ariana Grande

#### Music Announcement 19

Did you know that we've trained about 22 million people in CPR? Wow, that's a lot of people ready to save a life! In fact, 22 million is the whole population of FRANCE! That is SO many people who can save a life thanks to your support!

#### Music Plays

Move Your Body by Sia

Midnight Sky by Miley Cyrus

#### Music Announcement 20

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

#### Music Plays

Lush Life by Zara Larsson

Dance Monkey by Tones and I

#### Music Announcement 21

Pay it forward! Research has shown that helping others has mental benefits, an important aspect of self-care. So, how can you complete an act of kindness today?

#### Music Plays

Cha Cha Slide by DJ Casper

Move Along by The All American Rejects

#### Music Announcement 22

Hi, my name is Addie and I survived four open heart surgeries. Thank you for helping kids like me.

#### Music Plays

Sweet Dreams by Beyonce

Get the Party Started by Pink

Hold My Hand by Jess Glyne

### Music Announcement 23

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

Be Kind by Marshmello

Hey Ya! By Outkast

### Music Announcement 24

When in doubt dance it out! Did you know one hour of dancing every week for a year is like walking from Chicago to Indianapolis? You don't need to be a trained dancer, just music that you love, and makes YOU feel good. So, what are you waiting for? Dance your heart out!

#### Music Plays

Handclap by Fitz and the Tantrums

Stay by Zedd

### Music Announcement 25

Do you ever feel stressed? Take a few slow, deep breaths until you feel your body un-clench a bit. Positive self-talk can help you feel calm and control stress. With practice, you can learn to shift negative thoughts to positive ones.

#### Music Plays

Magic by B.o.B

I Like My Better by Lauv

### Music Announcement 26

Physical activity is one of the best ways to keep your mind and body healthy. It can relieve stress, improve your mood and it gives you energy! You don't need to be a mega athlete, think about things you enjoy doing – like taking a walk, skateboarding, or even jumping on a trampoline!

#### Music Plays

Fight Song by Rachel Platten

Dynamite by Taio Cruz

### Music Announcement 27

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

Thunder by Imagine Dragons

The Greatest by Sia

### Music Announcement 28

Have you downloaded the American Heart Challenge app yet? Download it today, then text your family to help spread the word and ask for support!

#### Music Plays

Shake It Off by Taylor Swift

24K Magic by Bruno Mars

#### Music Announcement 29

Hi, my name is Manny. I survived half a heart for ten years, a stroke, three open heart surgeries, and I had a heart transplant three years ago. Thank you for being a hero for kids like me and for everyone with special hearts.

#### Music Plays

Roar by Katy Perry

Just Dance by Lady Gaga

#### Music Announcements 30

A stroke can happen to anyone, at any age. Do you know the warning signs of a stroke? Think of the word FAST, F-A-S-T. F stands for face drooping, A stands for arm weakness, S stands for slurred speech, and T stands for TIME, time to call 911. YOU have the power to save a life. Someone in American suffers from a stroke every 40 seconds. Knowing the warning signs saves lives!

#### Music Plays

Firework by Katy Perry

Wake Me Up by Avicii

#### 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!