

Male Announcer:

Please step up to the starting line. Your Heart Walk audio journey is about to begin. Here to lead us on our audio journey, is Lindsey Buckingham, special projects reporter from 3 News. Please help us welcome her in five, four, three, two, one.

Lindsay Buckingham, 3 News:

Welcome to your 2020 Cleveland Heart Walk experience. What a fun welcome to a new way of bringing us all together. I am 3 News's Lindsey Buckingham, and I want to thank you for joining all of us on this special audio journey. The Cleveland Heart Walk is an iconic event that typically draws thousands in our community to downtown Cleveland, where we unite around the common goal of eliminating heart disease and stroke. As we gather in a new way this year, we still gather, because the life-saving mission of the American Heart Association remains as vital as ever.

Lindsay Buckingham, 3 News:

On behalf of the American Heart Association, we love that you're able to join this audio journey, and walk where you are. We hope to enrich your experience with inspiring messages about health, the impactful work of the Heart Association here in Cleveland, and about the heart and stroke survivors, who are the reason we walk. We walk together to celebrate the passionate commitment it takes to be a relentless force for a world of longer, healthier lives. Our community moves towards better health, and stands together to fight the number one and number two global killers, heart disease and stroke.

Lindsay Buckingham, 3 News:

Our community's passion is stronger than ever. We celebrate all who have supported this campaign in the months leading up to today. When we invite you to post photos during your journey today, be sure to use the hashtag #CleHeartWalk and post to our Cleveland Heart Walk Facebook event page. This is so important, and here's why. We want to inspire each other, and see photos of all of you walking where you are, so we can cheer you on, just like that, but even louder when we cheer together. Again, please post photos to Facebook, Instagram, and Twitter using the hashtag #CleHeartWalk.

Lindsay Buckingham, 3 News:

We want to offer a special thank you to Accenture, Cleveland Clinic, and Parker Hannifin, who are the presenting sponsors of the Cleveland Heart Walk. Have fun while walking, and remember that your support is what allows the American Heart Association to continue their fight against heart disease and stroke. Soon, you will have the opportunity to hear from our survivors and our volunteers, but first let's welcome our 2020 Heart Walk chairman, Michael Dill of Accenture. Michael stepped up to the challenge of leading this year's campaign, and brought his passion for health and wellness to the cause. Take it away, Michael,

Michael Dill, Accenture:

Thank you, Lindsey, and hello Cleveland. I'm so proud to be your Cleveland Heart Walk chair. I'm thrilled you have joined us, and are walking where you are. I'm looking forward to seeing the many ways our community moves to stay active and support the work of the American Heart Association, whose mission is to be a relentless force for a world of longer, healthier lives. We are here today protecting the hearts we love. When you walk, we are supporting education that is helping our communities be

healthier, and critical research, including research efforts to help us better understand the heart and brain implications of COVID-19 on heart and stroke patients.

Michael Dill, Accenture:

At Accenture, we are proud to support this mission, and help everyone live healthier lives. Today we are reminded that physical activity is a critical part of a healthy lifestyle, not only to prevent disease and stroke, but also to improve personal wellbeing. This is true today and every day. While you are spending more of your days at home, you can use this as an opportunity to champion your fitness goals, which can lead to better sleep, lower stress and anxiety, and improve cognition. I encourage you to find ways to keep moving and have your family join you.

Lindsay Buckingham, 3 News:

You know the difference between a sick beat and a sick beat? Exercise. No, we're not talking about music beats, we're talking about heartbeats. Next time you're sitting and a totally sick beat comes on, have your heart match it with some super sexy jumping jacks. It keeps your sick heartbeats from turning into sick heartbeats. Sick of that word yet? Fine, we'll stop. You just start those exercises and we'll start playing your tunes. Get moving at [heart.org/makemoves](http://heart.org/makemoves).

Michael Dill, Accenture:

So let's move today and every day. I'm walking in my neighborhood today, and you'll see my photo on social media along with all the photos you will be sharing by following #CleHeartWALK, that's #CleHeartWalk. I would like to send a heartfelt thanks to all our 2020 Cleveland Heart Walk sponsors joining us at Accenture. Thank you to Parker Hannifin, Cleveland Clinic, Bellwether Enterprise, Equity Trust, Giant Eagle, Aetna, AIG, Cuyahoga Metropolitan Housing Authority, Cleveland Heart Lab, a division of Quest Diagnostics, and Embrace Pet Insurance. I'd also like to thank Adcom for bringing this audio journey to life so that we can share it with you.

Lindsay Buckingham, 3 News:

Thanks, Michael. We're getting ready to introduce you to a special superhero, but first we want to bring you a superstar in the world of entertainment, actress Angela Bassett, with a powerful message to know diabetes by heart. This message is being brought to you by Cleveland Heart Walk sponsor, Bellwether Enterprise.

Angela Bassett, Actress:

You've been diagnosed with type two diabetes. You have to carefully monitor your health for the rest of your life and you have an increased risk of developing cardiovascular disease.

Speaker 5:

Cut. Take two. Action.

Angela Bassett, Actress:

You've been diagnosed with a new purpose, to fight for the amazing life you've made for yourself, to look that risk of heart disease square in the face and say, "No, not me." You've been given a new opportunity to live. Get started at [knowdiabetesbyheart.org](http://knowdiabetesbyheart.org).

Lindsay Buckingham, 3 News:

Important and inspiring words to keep in mind, brought to you by Bellwether Enterprise. We have one more message for you before we get to our superhero. This message is being brought to you by Cleveland Heart Walk sponsor, Cleveland Metropolitan Housing Authority.

Speaker 6:

There's a place to share the joy of your team winning it all, and a place to share a laugh about skiing and taking a fall. There's a place to share photos of pets or singing in the choir, or the time you ate a pepper and your mouth was on fire. But we could all be better at sharing how we're feeling inside. 76% of employees has struggled with at least one issue that affected their mental health. When you share, you're not alone. Ask about your company's emotional health benefits. Visit [heart.org/sharing](http://heart.org/sharing), brought to you by the American Heart Association.

Sam Prewitt, Heart Attack Survivor:

Hey, how are you doing today? I see you're out walking or running. You know what? This very action can save your life. It saved mine. If you don't know by now, my name is Sam Pruitt, and running actually saved my life. It was all on a Memorial Day weekend in May, where I just took our usual run with my friends, and I didn't feel the same as I usually did. As I went up the hill at Edgewater, I started to get out of breath. I started pouring down with sweat and I said to myself, "Man, what's going on with me?" As somebody offered me water, I got down, called my fiance and told her something wasn't right, because I just felt it in my body. As the events of the day proceeded on, I went to the hospital and I found out that I suffered from a heart attack.

Sam Prewitt, Heart Attack Survivor:

My heart attack came from a result of the cholesterol level of 475. 475? It's not supposed to be above 200, but mine was 475. Doctors didn't know how I was alive, but one thing that they did tell me is that running actually saved my life. See, that consistent effort of putting one step in front of the other, making that conscious decision to go out and better myself saved my life. And that's what you're doing right now. And that's what I want you to continue to do. I want you to be heart strong. That's what I live by every day. I get out, I work out. I make sure my heart is beating, because you know what? Running and working out saved my life. And you know, I've got to admit, I didn't really do myself any favors on how I ate when I was a younger individual. Fast food every day, and just bad decisions that I made.

Sam Prewitt, Heart Attack Survivor:

Because even though I knew at 26 I had high cholesterol, and the doctor said I wouldn't live to see 30, I said, "You know what? It won't affect me until I'm older." So I continued to make bad decisions when I ate. But everything changed when I had that heart attack. That's when my eating habits changed, because it's very important to take care of your body. When you get a check engine light, you don't keep driving. You go to the mechanic. But of course, nobody wants to see that check engine light on, because when you do everything right, you don't have to worry about those things. So now my air fryer is my best friend. 70% less oil, and it's still great tasting food.

Sam Prewitt, Heart Attack Survivor:

So just as much as you work out, you also want to watch what's under the hood, and take care of your body as well. So I salute you for taking that first step toward a better life. For being there for your family,

for being there for your friends, for protecting your heart and everything in it. And that's what I call heart strong. Keeping heart strong on your journey and keep going.

Lindsay Buckingham, 3 News:

We now turn to a vital topic, brought to you by Parker Hannifin a Cleveland Heart Walk presenting sponsor. Parker Hannifin would like to remind you that the COVID-19 pandemic does not stop people from having cardiac arrests. Every year, more than 350,000 people will suffer an out of hospital cardiac arrest. That's why the American Heart Association is teaching hospitals, communities, and CPR instructors how to administer CPR safely and effectively during the pandemic. You can still be a hero. Hands only CPR has two simple steps. Call 911, then push hard and fast in the center of the chest to the tune of Staying Alive. If performed immediately, CPR can double or triple the chance of survival. If you are called on to perform CPR, you will most likely be trying to save the life of someone you love. A child, a spouse, a parent, or a friend. Next we'd like to hear about eating healthy from Heart Walk sponsor, Giant Eagle

Speaker 8:

Giant Eagle reminds us walking can work up an appetite, and we all want to make smart choices when it comes to what we eat and drink. The American Heart Association asks each of us to reduce our sodium intake and limit sugar added beverages. Four to five servings a day of fruits and vegetables is also recommended. Research before you shop, there are healthy options and plenty of ways to lighten up some of your favorite recipes.

Lindsay Buckingham, 3 News:

In addition to healthy eating, it's important to be mindful of your beverages. It is time to rethink your drink. Aetna wants you to take a minute and think about what you drink in a typical day. Unless you are a true water lover, you may be getting some extra, unneeded calories through sweetened soft drinks, sodas, iced tea, coffee, juice, and energy and sports drinks. In fact, sugary drinks are the number one source of added sugars in our diet. Here are some tips brought to you by Aetna, on how to switch to healthier drinks that will quench your thirst and still taste good. Read nutrition labels and ingredients. Cut back slowly. Choose water. Sip a smoothie.

Lindsay Buckingham, 3 News:

Next, it is my pleasure to turn it over to a friend of mine, and someone who works hard every day to make our city a healthier place to live. I'm speaking of none other than the American Heart Association's Executive Director, Valerie Hillow Gates.

Valerie Hillow Gates, American Heart Association:

Thank you Lindsey, for leading our audio journey today. We know this mission is personal for you and your family, as it is for mine. As we are all out walking, I'd like to share with you two examples of the American Heart Association's work on the ground here in Cleveland, as we strive to be a relentless force for a world of longer, healthier lives.

Valerie Hillow Gates, American Heart Association:

First let's talk about research. Research is how we are going to beat heart disease and stroke. Across the nation, the American Heart Association is the largest funder of cardiovascular research outside of the

United States government. But did you know that the American Heart Association has locally invested nearly \$20 million in research right here in Cleveland? Most recently, we created a fast track research program to understand the impact of COVID-19 on our most vulnerable populations, those suffering from cardiovascular diseases. Cleveland Clinic was the recipient of these new research dollars. And we are thrilled that this work is going on in our community.

Valerie Hillow Gates, American Heart Association:

Dr. Mina Chung is leading a team to coordinate our national research effort around the cardiovascular implications of COVID-19, and also conducting a critical study that will help scientists to understand these connections. As you walk and raise funds today, you are helping to bring science to life.

Valerie Hillow Gates, American Heart Association:

I also want to share with all of you the exciting news, that in July Cleveland City Council passed important legislation to make the healthy option, the easy option on restaurant kids' meals in Cleveland, beginning in January of 2021. What that means is that water, low fat milk, or 100% fruit juice will be the default drink option on kids' menus, making it easier for parents to have access and ease when providing healthy options for their families. We know that sugary drinks contribute to chronic conditions, and by working tirelessly for more than a year with a coalition of 40 other organizations, the American Heart Association was able to have a positive and healthy impact on Cleveland's kids. I thank you for walking today, and helping to make these healthy outcomes a reality for our community. Now it is my pleasure to introduce Cleveland Clinic's Dr. Shazam Hussain, director of the Cerebrovascular Center for an important message about brain health.

Dr. Shazam Hussain, Cleveland Clinic:

Hi, I'm Dr. Hussain. I'm happy to be here on behalf of the Cleveland Clinic. When it comes to spotting a stroke and getting help, the faster you act, the better. That's because prompt treatment may mean the difference between life and death, or the difference between a full recovery and longterm disability. You can learn to spot a stroke fast by familiarizing yourself with the acronym fast. That's F-A-S-T. F stands for face drooping. A stands for arm weakness. S stands for speech difficulty. And T means it's time to call 911. It's really that simple. Commit to F-A-S-T, and save lives today. In a moment you will hear from another great supporter of the Cleveland Heart Walk. Thank you.

Speaker 11:

You may not feel that anything is wrong, but high blood pressure could be quietly causing damage that can threaten your health. The best prevention is knowing your numbers, and making changes that matter, in order to prevent and manage high blood pressure.

Speaker 11:

The only way to know if you have high blood pressure, HBP or hypertension, is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure. Cleveland Clinic urges you to get your blood pressure taken regularly.

George Sullivan, Equity Trust:

Hi, I'm George Sullivan, CEO of Equity Trust. As a board member of American Heart Association, I thank you for walking where you are. I am proud that the American Heart Association is at the forefront of the

e-cigarette battle, commonly known as vaping. Vaping is at an all time high, especially with teens. These products are available in a variety of flavors that purposely appealed to our children. Many people think these are healthier options than traditional cigarettes, because of the way they've been advertised. But this is not the case. An e-cigarette is a nicotine based product. The average teenager who vapes is using one cartridge a day, which equates to 20 cigarettes a day. It's dangerous.

George Sullivan, Equity Trust:

At Equity Trust, we want to help spread the message to our team that these products are incredibly dangerous. We are urging lawmakers to regulate the advertisement of e-cigarettes. And we want to be here to support our teens, who may already be addicted. There is so much more work to be done, but the American Heart Association is able to do this. Thanks to the support of each of you here, walking and raising funds.

Lindsay Buckingham, 3 News:

One of our favorite features of the Cleveland Heart Walk is that it is for the entire family, pets included. This year, we will actually be crowning a top dog of the 2020 Heart Walk, brought to you by Embrace Pet Insurance. Please upload a picture of your furry family member to our Cleveland Heart Walk Facebook event page using #cleheartwalk. If you don't have a pet, please take the time to vote by liking the picture of your favorite pet. Our top dog will be crowned Monday, September 28th on the local American Heart Association and Embrace Pet Insurance social media channels. I can't wait to see those pics and cast my vote.

Lindsay Buckingham, 3 News:

We are getting near the end of our audio journey today, but we have a special thank you message for our VIP walkers, brought to us by Cleveland Heart Walk sponsor, Cleveland Heart Lab, Quest Diagnostics. We all would like to give a special thank you to our top walkers who have each raised over \$1,000 for the mission of the American Heart Association. We also want to give a special thanks to our group of leaders, called the Executives With Heart, who each committed to personally raising at least \$5,000 towards the cause, to set the pace for all of us. These are the VIPs who have gone above and beyond for the mission, and raised incredible dollars towards our cause. Thank you to John Slater, partner and chair of the business department at Tucker Ellis Law Firm, for serving as the chair of this group of executives with heart. These leaders will be featured in the cranes giving guide, coming to news stands soon.

Lindsay Buckingham, 3 News:

All right, we are in the home stretch. And by now, you may have finished your first mile. Way to go. I salute you. Bravo. Give yourself a pat on the back for being a leader in creating a healthier community, which starts right at home. We want to see the creative ways that you have gotten in your exercise today. And we want to share your photos on our Facebook event page. Please post your photos to social media using the hashtag #cleheartwalk. I will be sharing my walking selfie on my page too.

Lindsay Buckingham, 3 News:

We encourage all of you to make your health a priority this year. Please continue to follow physical distancing guidelines, and help stop the spread of COVID-19. We would love to reunite for the Cleveland Heart Walk next year. Thank you for joining us, and for those completing a three mile walk, please feel free to continue on your route with some fun tunes. Please enjoy this time with your family and the sites around you. See you next year. (silence)

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