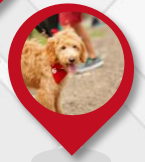




American Heart Association®

Heart Walk®

# 2022 LAKE & GEAUGA COUNTIES HEART WALK



## EVENT GUIDE

**SATURDAY, JUNE 4<sup>TH</sup>**

Lakeland Community College

[Heart.org/LakeGeaugaWalk](https://www.heart.org/LakeGeaugaWalk)

LOCALLY SPONSORED BY

SIGNATURE SPONSOR



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CT Consultants | Dworken & Bernstein Co., L.P.A.  
Fredon Corporation | Lakeland Community College

Ohio Living Breckenridge Village | Apex Skin | Rea & Associates



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**THANK YOU,**  
From the Heart Walk Team

We are thrilled to welcome you back to the Lake & Geauga Counties Heart Walk! We've missed celebrating together over the last 2 years and are excited to get back out there with you to protect the hearts in our community. Whether you plan to join us at Lakeland Community College or get your steps in around your local neighborhood, you are crucial to the advancement of the American Heart Association's mission.

Here are a few things you should know as you prepare for your best Heart Walk yet:

- ♥ We want to see and hear you on walk day! Decorate a small sign or wear a common item to show your team pride as you cross the start line. Take plenty of photos and tag @AmericanHeartOhio on [Facebook](#) and [Instagram](#) and @AmHeartOhio on [Twitter](#). Don't forget to use #LakeGeaugaWalk!
- ♥ We kindly ask if you are not feeling well or have any symptoms, irrespective of your vaccine status, to please stay home.
- ♥ HAVE FUN! Whether walking or cheering on friends, know that your Heart Walk day is being spent impacting the lives of the ones you love – and even the lives of those you have not met.

We are so grateful for each and every one of you and look forward to cheering you on!



Your Heart Walk Team,



**Stephanie Westerh**  
*Development Director*



**Valerie Hillow Gates**  
*Executive Director, Market  
Vice President*



**Sarah Repasy**  
*Senior Development Director*



**Lauren Eberhard**  
*Development Coordinator*

# WEEK OF WELLNESS

## May 30<sup>TH</sup> – June 4<sup>TH</sup>

Exercise your mind, body and spirit during the week leading up to your Heart Walk. Find a daily dose of inspiration on our #LakeGeaugaWalk [Facebook Page!](#)



### MOVE MORE MONDAY May 30<sup>TH</sup>

When you [Move More every day](#), you can reach some pretty big goals over time. Small steps can add up to huge strides - in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



### EAT SMART TIP TUESDAY MAY 31<sup>ST</sup>

Eating healthy doesn't have to mean dieting or giving up all the foods you love. Let the American Heart Association help you learn how to ditch the junk [and eat more colorful, delicious foods](#) to help keep our bodies and minds healthier, longer.



### BE WELL WEDNESDAY June 1<sup>ST</sup>

Along with healthy eating and regular physical activity, practicing meditation or mindfulness may help you manage stress and high blood pressure. It also may help you sleep better, feel more balanced and connected and possibly lower your risk of heart disease. [Learn more ways it can help.](#)



### THANKFUL THURSDAY June 2<sup>ND</sup>

We all could use a little more positivity and encouragement, especially when starting something new. [Here are quick and easy ways](#) you can jump-start your journey to becoming Healthy for Good. Don't forget to post your progress on social media so we can cheer you on!



### BEST FRIENDS FRIDAY June 3<sup>RD</sup>

Let's celebrate our pet companions who are always there for us - helping us handle stress and boosting our physical and mental health. Having a pet is a Healthy Bond for Life™ that may help you live a longer, healthier life! [Check out even more benefits here.](#)



### CELEBRATION SATURDAY June 4<sup>TH</sup>

IT'S WALK DAY! Join us at Lakeland Community College at 8:00 a.m. to celebrate with us! [Stay up to date by checking out our website.](#) Don't forget to share your photos using #LakeGeaugaWalk and post in the [Facebook Page!](#)

WEEK OF WELLNESS SPONSORED BY

Fredon Corporation | Ohio Living Breckenridge Village | Rea & Associates

# Celebration Saturday

Saturday, June 4, 2022  
Lakeland Community College  
7700 Clocktower Drive, Kirtland, OH 44094

## Schedule of Events

8:00 a.m. – Heart Walk festival opens

8:45 a.m. – Opening ceremony

9:00 a.m. – Begin Heart Walk\*

11:00 a.m. – Event concludes



This year, you can **Heart Walk *Here***, there or anywhere, whenever! We invite you to walk with us at our event or wherever you feel inspired.

**\*Can't make it to the event?** No problem - while we would love to see you there, the Heart Walk route will be up all weekend long, so feel free to stop by when you can! Share your photos with us using #LakeGeaugaWalk and on our [Facebook page](#)!







No matter where or when you choose to walk, participating and [donating to the Heart Walk](#) will save lives and improve lives in our community!



# Where to Walk & Park



## LEGEND

-  free parking
-  heart walk festival
-  start & finish line, sponsored by **CT Consultants**
-  1.1 mile route, do as many laps as you can!
-  hydration station, sponsored by **Kineticco**
-  medical

## TURN BY TURN DIRECTIONS

Start outside Fitness Center. Head north and turn right at stop sign. Go straight past tennis courts and turn right at curve. Go straight for .1 mi. At roundabout, stay right and continue straight, veering right at next street. Continue straight for .3 mi, going past E building. Turn left at next street, continuing straight for .1 mi. Turn right at stop sign, walking in front of S building toward Clock Tower. At Clock Tower, veer left. Continue straight for .05 mi. Turn right in front of H building and continue straight to return to the Heart Walk festival.

# HEART WALK DAY - JUNE 4, 2022

Heart Walk Here!



## GET SOCIAL!

Join the fun on social media with **#LakeGeaugaWalk** and posting on our [Facebook Event page](#). You aren't going to want to miss out!



## TAKE THE HEALTHY SELFIE PLEDGE

Pick up your pledge card at the Heart Walk and write down how you will practice a new heart-healthy behavior, snap a selfie with it, and show us on social media. Don't forget to [join the Healthy For Good movement](#) and we will keep you on track with shareable tips, videos and hacks!

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## CELEBRATE SURVIVORS

Heart disease and stroke survivors are the HEART of every walk! We encourage our survivors to stop by the Survivor Area to pick up your special hat to show your triumph over heart disease or stroke. Tribute stickers will also be available for you to fill out and wear on your shirt.

TRIBUTE STICKERS  
SPONSORED BY



## GET YOUR GROOVE ON.



Scan this Heart Walk playlist code on Spotify to take with you on your walk, sponsored by **Dworken & Bernstein Co., L.P.A.**







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# Heart Walk® A word from **OUR SPONSORS**

## RETHINK YOUR DRINK

Try these tips to quench your thirst, with less added sugars!

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### START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

**REPLACE** most of your drinks with water.

**REDUCE** the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

**ADD** plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



### CHOOSE WATER.

Make water the easy, more appealing go-to choice:

**CARRY** a refillable water bottle.

**ADD** a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

**TRY** seltzer, club soda or sparkling water if you crave the fizz.



### MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

**START WITH UNSWEETENED** beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at [HEART.ORG/RECIPES](http://HEART.ORG/RECIPES).

## UNDERSTAND YOUR BLOOD PRESSURE

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

[heart.org/bplevels](http://heart.org/bplevels)

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## THANK YOU, HEALTH CARE HEREOS

THANK YOU to our hospitals and health systems in Lake & Geauga Counties who are working to keep our patients and communities safe. *We appreciate you!*

- ♥ Centers for Dialysis Care
- ♥ Ohio Living Breckenridge Village
- ♥ University Hospitals Health System

SPONSORED BY

**BRUNNER SANDEN DEITRICK**

FUNERAL HOME & CREMATION CENTER

## 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.








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ENTER THE **KID ZONE**

# HEART HEALTHY BINGO!

Choose 10 or more heart-healthy behaviors to practice as a family. When a behavior has been practiced, please mark off the square.

Eat a fruit or vegetable with your breakfast.	Eat a healthy snack.		Drink water with a slice of fruit in it.	Go for a walk or bike ride with a family member.
	Be physically active for 60 minutes or more.	Try a new fruit or vegetable.	Eat a low-sodium snack.	Try a sparkling or carbonated water.
Read a nutrition facts label with an adult.	Spend a day without drinking a sugary drink.	Tell a family member 3 health benefits of being physically active.	Explain to a family member why tobacco is bad for your heart.	
Explain why it's important to avoid secondhand smoke.	Walk or run in the Heart Mini.	Name 5 foods high in sodium.		Eat three different colors of fruits and vegetables in one day.
Try a handful of unsalted nuts as a snack.		Tell a family member why sugary beverages are bad for your heart.	Try a breathing exercise to help with stress.	Count how many glasses of water you drink in one day.

Thank you to our Kids Zone sponsor:







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Heart Walk® Community Team **Spotlight**

## WALK FOR... **TEAM TURTLE**



**They say you can't outrun genetics. I disagree.**

At the age of 46, I suffered a massive "widow maker" heart attack. I was in the best shape of my life - running 3 miles a day, eating healthy, and my mental health was in crisp shape. I was truly happy. In September 2020, I started getting headaches that came and went throughout the day. In early October I started experiencing a tingling sensation near my shoulder blade, and as time went on, this sensation traveled down my right arm. I was sure I had a pinched nerve. After seeing a chiropractor and continuing my normal day to day for the next 6 weeks, I pushed forward with some discomfort but able to function. I kept telling myself, this will pass. It didn't.

On November 16, 2020, at 1:00 a.m. I woke up sweating, nauseous and dizzy. Once I stood up and started moving about, shoulder pain shot down both of my arms and across my chest. I knew instantly that I was having a heart attack, and soon found out my left anterior descending artery (LAD) was almost completely blocked.

Running helped saved my life that day. Had I not decided two years prior to take control of my health, my outcome could have been different. Today, I am proud to be able to share my story, to help others, especially younger women, recognize the signs, to encourage others listen to their bodies and be their own advocate. I participate in the Heart Walk to spread awareness and raise money for a terrible, silent, and deadly disease. I participate in the Heart Walk with my team, Team Turtle to celebrate being a survivor!

--Amy Hinkel, Survivor



American Heart Association®

# Heart Walk® Frequently Asked Questions

**Is there a registration fee?** Nope. Instead, participants are encouraged to fundraise, so your impact is limitless and make a personal donation to support the Heart Walk.

**Is there a fundraising minimum?** No, and there's no maximum either! We encourage participants to make a difference by asking friends and family for donations and making a personal donation.

**Should I register ahead of time?** Absolutely! Registering online at [heart.org/lakegeaugawalk](https://heart.org/lakegeaugawalk) gives you access to all our great fundraising tools and keeps you updated on day of event info.

**Can I participate in Heart Walk if I'm not on a Team?** Sure, you can walk and fundraise individually. Every donation will help create big science! But hey, since you're already on board, maybe consider starting a team and asking friends, family and coworkers to join you to also be Heart Walk heroes.

**Can I wear a mask to the Heart Walk?** Absolutely. Our events are mask-friendly.

**Is there an indoor option in case of rain?** So glad you asked – yes! In case of rain, the Heart Walk will move inside the Athletic & Fitness Center to the gym and indoor track.

**Can my kids walk, too? Are strollers allowed?** Definitely! There will be many children's activities, including yard games, coloring, bingo, and more! We do ask that you supervise your children when they are in the Kids Zone. Strollers are also permitted!

**Is there a check in area day of walk?** No, simply lace up, show up and walk with us!

**Will you have water?** We will! Our Hydration Station Sponsor, Kinetico, will be keeping us hydrated, but be sure to bring your reusable water bottle! If you forget it, there will be bottled water available.

**Are pets allowed?** Definitely! This is a family-friendly event. Non-aggressive, leashed pets are welcome at the event but must remain outdoors. Please clean up after your dog.

**Can I turn in money at the Heart Walk?** You sure can! Stop by the donation turn in area – just look for the dollar sign balloons.

**How are donations made?** Donations can be made securely to your fundraising page with a credit card, PayPal, Venmo and more. Cash and checks (made payable to the American Heart Association) may also be collected. You can deposit checks directly through the [Heart Walk App](#)!

**Will I receive a Heart Walk t-shirt?** All walkers who raise \$100+ can redeem Heart Walk Hero Gear from our [Heart Walk Rewards Center](#) in your [Heart Walk Headquarters](#) and in the [Heart Walk App](#). There are so many cool options to choose, and the best part is they will be shipped directly to you after you redeem them. The Rewards Center is available up to 6 weeks post-Walk for redemption!

**Can I fundraise after Walk day?** Of course! Who are we to stop you from achieving fundraising fame? You can fundraise online or submit cash and checks to your local [American Heart Association Representative](#) through June 30, 2022.



**LEVEL 1**

**\$100**



**Red Heart Walk Tee**  
*Heathered Red*  
*District Very Important Tee*



**Live Fierce Tee**  
*Light Heather Grey*  
*District Very Important Tee*

**LEVEL 2**

**\$250**



**Custom Black Twill Cap**  
with Frayed Patch



**BELLA + CANVAS**  
Relaxed Fit  
"One Heartbeat"  
Graphic Tee  
*Black Heather*



**LEVEL 3**

**\$500**



**Next Level Hoodie Tee (Unisex)**



**Nike Dri-FIT Swoosh**  
Perforated Cap

**BELLA + CANVAS**  
Muscle Tee  
*Grey Heather*







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# 2022 Rewards Center

## LEVEL 4

\$1000



**Toba Packable Jacket**  
Men's & Ladies'



**Ladies' Champion Athleisure Leggings**



**Men's Cutter & Buck Jogger Pant**



**The North Face Trucker Hat**  
*Grey Canvas Wash*



**Adult & Child OR Infant CPR Anytime Kit**

## LEVEL 5

\$2500



**Adidas 3-Stripe Quarter-Zip Knit Jacket**  
Men's & Ladies'



**Ogio Luuma Fleece Pullover**  
Men's & Ladies'



**Columbia Fleece Vest**  
Men's & Ladies'

## LEVEL 6

\$5000



**Adidas Quarter-Zip Color-Blocked**  
Men's & Ladies' Jackets



**Cutter & Buck Rainier Vest**  
With Heart & Torch Zipper Pull  
Men's & Ladies'



**Weatherproof Quilted Bomber**  
Men's & Ladies' Jackets