

# Healthy Living | :30

**VO: Life is about the big things. The momentous things. The Oh-my-goodness things.** *We see a home video of a parent holding their child's hands as they tiptoe their first step, UGC of a grandfather jumping on a trampoline, another grandfather jumping rope and then the touch down of feet after a successful skydive.*

**The ones you never thought you'd do. Or always knew you would.** *Grandfather in ocean with grandson and grandmother pushing granddaughter in an inner tube, woman hitting a golf ball.*

**It's time to get back to that big, healthy life.** *First person perspective of someone riding a mountain bike through a forest. and of a shopping cart with healthy veggies and first person perspective of someone casting a fishing line.*

**By doing a few small things--like taking back control of your heart health.** *We see UGC video a man getting his hair cut, an older man dancing and three people smiling at the camera and a man dancing in heart-shaped sunglasses.*

**Then you can get back to the Did-I-Just-Do-That! things.** *We see a woman on an elliptical at a gym, a woman with a virtual reality headset and a woman blending a smoothie.*

**And everything in-between.** *We see home video of a grandfather at a pottery wheel.*

**SUPER: Get back to living big by moving your body, eating healthy and taking your regular medication.**

**VO: Visit [hearthealthysteps.org](https://hearthealthysteps.org) to learn more.**

**Disclaimer 1:** *"These scenes were filmed prior to COVID-19. Refer to the CDC website for current recommendations on vaccination, distancing and mask-wearing."*

**Disclaimer 2:** *"This PSA was made possible through a partnership with CDC Foundation, Amgen, Bayer, FH Foundation and the National Association of Chronic Disease Directors."*