Walt Disney World News

Cast Members Walk for Healthy Hearts at the Greater Orlando Heart Walk

LAKE BUENA VISTA, Fla., September 12, 2013 – More than 500 Cast Members raised $35, 829 for research and education to help fight heart disease and stroke at the Greater Orlando Heart Walk. On a recent Saturday morning, walkers laced up their sneakers at the University of Central Florida for the three-mile trek to help save lives.

As the signature fund-raising event for the American Heart Association since 1994, the Heart Walk promotes physical activity and heart-healthy living in a fun, family-friendly environment.

Cast Members have a variety of reasons for participating in the Heart Walk. For some, it's all about personal health. Others walk for those who have heart disease.

For Sheryl Koenes, general manager of Disney's Caribbean Beach Resort, participating in the Heart Walk is more than just exercise. She walks for to support her father, a survivor of a heart attack and three open-heart surgeries.

"By participating, I am able to contribute financially, and also give of my time because I think it's for a really great cause," Koenes said. "The Heart Walk is a reminder that we have a lot of responsibility for our own health and wellness, two components of a healthy heart."

Since 2007, Disney Cast Members have participated in and supported the American Heart Association's Heart Walk. Walt Disney World Resort currently ranks in the top five Central Florida businesses that contribute to the cause thanks in part to those Cast Members who return year after year to help in the efforts.