

PREVENTION WEDNESDAY

SUN MON TUE THUR FRI SAT

MAYOR SHEILA DIXON

START! WALKING AT WORK

Wednesday, April 25, 2007, 2:41pm
War Memorial Plaza

The American Heart Association's **Start!** Movement is calling on all employees to wear their sneakers to work and **Start!** Walking At Work.



1. All Americans – and their employers – are encouraged to rally at their workplaces at 2:41pm to Start! Walking at Work!

2. 2:41pm – represents the fact that adults may gain as many as two (2) hours of life expectancy for every one hour of regular, vigorous exercise.

3. Regular Walking: In addition to increased life expectancy, regular walking has many proven benefits for an individual's overall health.

4. 30 Minutes: Brisk walking for 30 minutes a day can lower both bad cholesterol (LDL) levels and high blood pressure.

5. Achieve: Help individuals who are overweight achieve and maintain weight loss, and reduce their risk of stroke.

Prevention at your fingerTIPS:

Tip 1 Take the stairs instead of the elevator,

Tip 2 Give up a parking spot close to the entrance in favor of a parking spot that requires more walking,

Tip 3 Walk during your breaks – it's a great way to refresh your mind and work in physical activity, and

Tip 4 Find a walking buddy to encourage each other to keep walking regularly.

Permission Leave may be granted per the Office of the Labor Commissioner, provided that there is no interruption to essential city services and offices have adequate coverage. See your supervisor for additional instructions.
(!!Consider a late lunch break!!)

To Join The Movement and get all the tools and information you need to **Start!** Walking and stay healthy, visit americanheart.org/start or call 1-800-AHA-USA1 .