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FOR IMMEDIATE RELEASE

American Heart Association Presents National Walking Day

DON'T BE A FOOL THIS APRIL 1ST. LACE UP AND GET MOVING!

Memphis, TN, March 26, 2015 - The American Heart Association presents the National Walking Day. It is the first step to a healthier life and will begin on the first Wednesday in April. On this day, Americans are encouraged to put their sneakers on and take 30 minutes out of their day to get up and walk.

Walking is the simplest positive change people can make to improve their heart health and helps with staying fit. It also reduces the risk of serious diseases, like heart disease, stroke and diabetes.



Research has shown that walking at least 30 minutes a day helps:

- Reduce your risk of coronary heart disease and stroke
- Improve your blood pressure, blood sugar levels and blood lipid profile
- Maintain your body weight and lower the risk of obesity
- Enhance your mental well-being
- Reduce your risk of osteoporosis
- Reduce your risk of breast and colon cancer
- Reduce your risk of non-insulin dependent (type 2) diabetes



“For every hour of regular, vigorous physical activity – like brisk walking – life expectancy may increase for some adults by up to two hours.”

- Barry A. Franklin, Ph.D., director of Cardiac Rehabilitation and Exercise Laboratories.

Walking is So Easy and It Works on everybody

The only thing people have to do is lace up with a good pair of shoes and walk. It is that simple. Really secure and the least expensive out of every workout you will ever do!

“It’s not a skill-dependent form of activity,” Pate said. Russell Pate, Ph.D., a professor of exercise science in the Arnold School of Public Health at the University of South Carolina in Columbia, said. “It’s the most accessible form of physical activity. You can do it almost anywhere. And it doesn’t require a lot of equipment.”



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About American Heart Association

Founded by six cardiologists in 1924, the American Heart Association is the nation’s oldest, largest voluntary organization devoted to fighting two things, cardiovascular disease and stroke. They long to improve the health and lives of all Americans and provide public health education in numerous ways. Their sole mission is to build healthier lives, free of cardiovascular disease and stroke.

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