



# The Right Choice...for a Healthier You!<sup>TM</sup>

April 2014

## National Walking Day- April 2, 2014 - Get Up and Move!

These days, adults like you are spending more time at work than ever before. An unfortunate side effect is that, as a nation, we're becoming more inactive. This is a problem when you consider the fact that physical inactivity doubles the risk of heart disease!

But take heart! It's a problem you can help fix by convincing your company to take part in the American Heart Association's **National Walking Day**.

On this day, employees are encouraged to wear sneakers to work and take at least 30 minutes out of their day to get up and walk. It's a great way to raise awareness of the importance of physical activity and to give your coworkers a friendly push toward a healthier life.

### Get Others Involved

- ✓ Begin by inviting coworkers to wear their sneakers to work.
- ✓ Encourage employees to get in their 30 minutes of walking that day.
- ✓ Change one of your meetings to a walking meeting, and let your colleagues know why.
- ✓ [Start Shopping](#) for some physical activity gear. It shows you support the American Heart Association's walking movement.
- ✓ Host a walk and/or rally to show your commitment to living longer, healthier lives.
- ✓ Get the word out about your walk by first registering for our free, downloadable [National Walking Day](#) Tool Kit. In your confirmation e-mail you'll have a link to access posters, flyers, e-mail scripts and more to easily promote National Walking Day in your workplace.
- ✓ Join others across the country and be part of the solution to get America walking.
- ✓ Discover and share more information from the American Heart Association about [why physical activity is so important](#).
- ✓ Rally your family, friends and neighbors to walk that day - **and every day**.

### Get Healthy

Statistics show that 1 in 2 men, and 1 in 3 women are at risk for heart disease, and research shows that poor lifestyle is a major contributor. From walking clubs and paths to cooking tips and easy-made recipes, the American Heart Association's *My Heart.My Life*. healthy living initiative is working to help individuals and families understand how to get active and eat healthy – all part of the American Heart Association's 2020 goal. Don't stop with signing up for Heart Walk; use our American Heart Association Walking Clubs and Walking Paths to keep you walking every day. Visit [MyHeartMyLife.org](#) to learn more

Source: American Heart Association - <http://www.startwalkingnow.org>



Nutritional Information Provided By

Carmen Gorniak, RD, CD

USConnect Staff Dietitian

[cgorniak@usconnect.biz](mailto:cgorniak@usconnect.biz)

**USConnect**