



American Heart  
Association



*Learn and Live®*

Each year, more than 1 million Americans suffer a heart attack and 700,000 have a stroke. A leading risk factor for heart attack and embolic stroke is lack of physical activity. About 70 percent of Americans are not getting enough exercise, blaming lack of time and lack of motivation. Ignoring fitness and health increases our chances for disease.

The [College of Community Health Sciences](#) is proud to partner with the American Heart Association's Start! Campaign, a physical activity program to fight heart disease and stroke by getting people moving through workplace walking programs. Participating in this program can significantly improve your health.

- According to a Harvard University study, you will gain about two hours of life expectancy for each hour of regular exercise, even if you don't start until middle age.
- Brisk walking for as little as 30 minutes a day can bring heart-health benefits and reduce your chances for stroke by lowering bad cholesterol (LDL) levels and high blood pressure.

By making physical activity part of your everyday life (walking on your break, at lunch or even during a quick meeting with a colleague), you can begin to see other benefits. They include:

- help keep weight under control
- prevent bone loss
- boost energy level
- manage stress

Please join the [College of Community Health Sciences](#) at the Heartwalk on Saturday, March 8<sup>th</sup>, 2008 at the University of Alabama Recreation Center Fields. Registration begins at 8am and the walk begins at 9am. For more information, please call (205) 348-5701.