



PROCLAMATION

OFFICE OF THE MAYOR

National Start! Walking Day April 8, 2009

WHEREAS: Each year 1.2 million Americans suffer a new or recurrent coronary attack, and cardiovascular disease is the nation's leading cause of death with direct and indirect costs estimated to be \$448.5 billion in 2008; and

WHEREAS: More physical activity can help improve these statistics. Adults may gain up to two hours of life expectancy for every hour of regular, vigorous exercise; and

WHEREAS: In addition to increased life expectancy, regular walking has many proven benefits for an individual's overall health. Brisk walking for at least 30 minutes a day can lower both bad cholesterol (LDL) levels and high blood pressure. It can also help individuals who are overweight achieve and maintain weight loss, and reduce their risk of stroke; and

WHEREAS: The Centers for Disease Control and Prevention estimate that physically active people save \$330 per year in direct medical expenditures; and

WHEREAS: On National Start! Walking Day, April 8th, the American Heart Association's Start! movement calls on all citizens of Middletown Township to walk at least 30 minutes; and

WHEREAS: The purpose behind National Start! Walking Day is to get Americans to become more physically active by walking. Now

THEREFORE: I, Mayor Pamela M. Brightbill, and the Middletown Township Committee, in recognition of the importance of regular physical activity, do hereby proclaim April 8, 2009 as **National Start! Walking Day** in Middletown and urge all citizens to show their support for walking and the fight against heart disease and commemorate this day by walking on a nature trail at the Poricy Park Conservancy.

By increasing awareness of the importance of physical activity to reduce the risk for cardiovascular disease, we can save thousands of lives each year.

Mayor Pamela M. Brightbill