



American Heart  
Association   
*Learn and Live*

# National Start! Walking Day

Join Americans across  
the country on  
**April 7, 2010**  
for National Start! Walking Day  
and wear your sneakers to work.

Physical inactivity doubles the risk of heart  
disease, our nation's No. 1 killer. Start  
walking at work and start reducing your risk.

Let this be your first move toward  
adopting a heart-healthy work style.

You could gain about two hours of life  
expectancy for every one hour of  
regular, vigorous exercise. So lace up  
your sneakers and make a pledge  
to live a longer, healthier life.

walk more + eat well =  
**live longer**  
**StartWalkingNow.org**

Location

Time

Nationally Sponsored by:



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