

**FEBRUARY**  
**is**  
**Heart Disease Awareness Month**

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.

Our goal is to fight heart disease and stroke by getting people moving through workplace wellness programs. Participating in wellness programs 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 benefits such as weight loss, bone loss prevention, increased energy and stress management.

For more information visit, [www.  
http://www.heart.org/presenter.jhtml?identifier=1200000](http://www.heart.org/presenter.jhtml?identifier=1200000)