

1 [National Start! Walking Day.]

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3 **Resolution proclaiming April 16, 2008 as “National Start! Walking Day” in San**
4 **Francisco.**

5 WHEREAS, Cardiovascular diseases, including heart disease and stroke, are the
6 nation’s leading cause of death and disability, with 1.2 million Americans suffering a new or
7 recurrent coronary attack each year and 780,000 suffering a new and recurrent stroke; and

8 WHEREAS, Regular walking has many proven benefits for an individual’s overall
9 health and brisk walking for at least 30 minutes a day can lower both bad cholesterol (LDL)
10 levels and high blood pressure; and

11 WHEREAS, Walking can help individuals who are overweight achieve and maintain
12 weight loss and reduce their risk of stroke; and

13 WHEREAS, If ten percent of Americans began a regular walking program, \$5.6 billion
14 in heart disease costs could be saved; and

15 WHEREAS, Promoting a culture of physical activity, corporate America can decrease
16 healthcare costs, increase productivity, and improve the quality of life and longevity of the US
17 workforce; and

18 WHEREAS, The American Heart Association’s Start! movement calls on everyone to
19 wear sneakers and Start! Walking; now, therefore, be it

20 RESOLVED, That the San Francisco Board of Supervisors hereby proclaims April 16,
21 2008 as “National Start! Walking Day” in San Francisco to encourage walking and support the
22 fight against heart disease.

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