

1 [National Start! Walking Day]

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3 **Resolution proclaiming April 8, 2009 as “National Start! Walking Day” in San Francisco.**

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5 WHEREAS, Cardiovascular diseases, including heart disease and stroke, are the
6 nation’s leading cause of death and disability, with 1/26 million Americans suffering a new or
7 recurrent coronary attack each year and 795,000 suffering a new and recurrent stroke; and,

8 WHEREAS, Direct and indirect costs of cardiovascular disease, including lost
9 productivity, are estimated to be \$475.3 billion in 2009, and,

10 WHEREAS, Regular physical activity reduces cardiovascular disease risk and
11 increases life expectancy; and,

12 WHEREAS, The 2008 Physical Activity Guidelines for Americans and the AHA
13 recognize the many health benefits of physical activity, including lower risk of heart disease
14 and stroke, and recommend that children and adolescents do one hour of physical activity
15 each week; and,

16 WHEREAS, Regular walking has many proven benefits for an individual’s
17 overall health. Brisk walking for at least 30 minutes a day can lower both bad cholesterol
18 (LDL) levels and high blood pressure. It can also help individuals who are overweight achieve
19 and maintain weight loss, and reduce their risk of stroke; and,

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

22 WHEREAS, Studies indicate that one of the best investments a company can
23 make is in the health of its employees. By promoting a culture of physical activity, corporate
24 America can decrease healthcare costs, increase productivity, and improve the quality of life
25 and longevity of the US workforce; and,

1 WHEREAS, On National Start! Walking Day, April 8th, the American Heart
2 Association's Start! Movement calls on everyone to wear sneakers and Start! Walking; and,

3 WHEREAS, The purpose behind National Start! Walking Day is to get
4 Americans to become more physically active by walking; now, therefore, be it

5 RESOLVED, That the San Francisco Board of Supervisors hereby proclaims
6 April 8, 2009 as "National Start! Walking Day" in San Francisco to encourage walking and
7 support the fight against heart disease.

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