This is the Day…

walk more + eat well =
live longer

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…To start!

The start! movement is here to motivate and encourage all Americans to take up walking and other healthy habits as part of their daily routine all year round, and to live longer, stronger, heart-healthy lives.

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Why Walking?

Walking has the lowest dropout rate of any physical activity and is the simplest positive change people can make to effectively improve their heart health.

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Why Walking?

Research shows that walking and physical activity for only 30 minutes a day brings these benefits:

- Reduces the risk of coronary heart disease and stroke
- Lowers blood pressure
- Reduces high cholesterol
- Reduces body fat and helps control body weight
- Enhances mental well being
- Increases bone density, hence helping to prevent osteoporosis
- Reduces the risk of cancer
- Reduces the risk of diabetes
- **And…**

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Why Walking?

You could gain as much as two hours of life expectancy for each hour of regular, vigorous exercise, even if you don't begin exercising until middle age.

The benefits are clear: 2-4-1.

Source: Paffenbarger, R., Physical Activity, "All-Cause Mortality, and Longevity of College Alumni". *New England Journal of Medicine*, 1986, Vol. 314, No. 10, 605 – 613

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start! | American Heart Association
Learn and Live®

If walking is the answer, how can I get start!ed <u>today</u>?

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National Start! Walking Day

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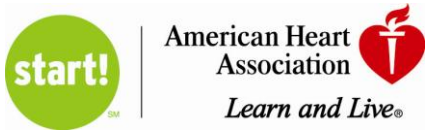
start! Walking At Work Day



Today (April 7, 2010) is the day The Commonwealth of Kentucky's Journey to Wellness program will join thousands of companies and Americans nationwide who have decided to take control of their health.

Together, we will start! Walking More, Eating Well and Living Longer.

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Why Today?

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This is the day we…

… will reverse the trend of obesity and physical inactivity by creating a culture of physically active employees.

…will remind ourselves of the power we have to make a positive lifestyle change.

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Why [Insert Company Name]?

The Commonwealth of Kentucky's Journey to Wellness program knows that a healthier employee is a happier employee, and that is why we are committed to preserving a healthy workplace for our number one resource - our goal-driven employees.

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How Journey to Wellness will start!

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What: Personnel Cabinet will have a Cabinet-wide Playground Day

What will your Department do? Ask your Wellness Coalition Representative and offer to help get things moving!

How: Wellness and Community Action Committee Innovations Champions will organize and sponsor a team based race around the new "Orange" walking Path outside KSOB

When: April 7, 2010 from 12;00pm-1:00pm Starting times begin at 12:00pm – 12;30pm

Where: Outside the start of the "Orange" path basement level KSOB

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How can you start!?

- Start one step at a time! Bring your walking shoes to work to use on breaks.
- Go to http://startwalkingnow.org to learn more and access walking tools.
- Join the Virgin HealthMiles Program http://personnel.ky.gov/dei/vhm.htm
- Spend your breaks getting in some steps! Once around the orange path for good health twice a day equals 30 minutes.

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start!

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Learn and Live.

Let's start! today!

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