



**Lace up your sneakers and join
the American Heart Association in celebrating
National Walking Day
Wednesday, April 6, 2016**

It's as simple to participate in **National Walking Day** as lacing up your sneakers and taking a walk. Start a healthy habit and take a 30 minute walking break today! Invite your friends to join you and you'll see how easy it is to make physical activity part of your day - every day!

**Get resources for National Walking Day for
your company, school, community, and you!**

REGISTER HERE FOR THE FREE TOOLKIT

The toolkit includes the following resources:

Resource Guide

Four Weeks of Healthy Living Tips

Weekly Handouts for the Month of April:

- Walk your way to a healthier life
- Get in the game: Sports Fitness
 - Fun for the whole family
- Stress less with mindful movement

Activity Challenge Trackers

Posters and Graphics

We hope that in addition to lacing up your sneakers for National Walking Day, you'll

also join us for the Cape Fear Heart Walk! Take a stand against cardiovascular diseases and [register today](#). [Consider making a donation](#) in honor of National Walking Day and invite others to join you by making a donation as part of their pledge to live a healthy lifestyle.



Get Healthy:

Statistics show that one in two men and one in three women are at risk for heart disease, and research shows that an unhealthy lifestyle is a major contributor. From walking programs to cooking tips and easy-made recipes, the American Heart Association's ***My Heart. My Life.*** healthy living initiative helps individuals and families understand how to get active and eat healthy – all part of the American Heart Association's 2020 goal.

Visit heart.org/MyHeartMyLife to learn more.

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Contact Information:

Attn: Cape Fear Heart Walk
411 Bradley Creek Point Road
Wilmington, NC 28403
/ capefearheartwalk@kintera.com