2009 Long Island Start! Heart Walk

Start! is the American Heart Association's groundbreaking movement to get America walking. The Start! Heart Walk is the cornerstone walking, recognition and celebration event, which calls on all Americans and their employers to create a culture of physical activity and wellness so that we may all live longer, heart healthy lives.

Why?  Physical inactivity significantly increases the risk of cardiovascular disease, our nation's No. 1 killer. Seventy percent of Americans don’t get enough exercise, blaming lack of time and lack of motivation. Ignoring fitness and health increases an individual’s risk of heart disease, stroke and other diseases.

What:  Long Island Start! Heart Walk is a solution to getting people to increase their physical activity and to combat rising healthcare costs. Last year, close to 3,000 walkers and volunteers participated in the Long Island Start! Heart Walk in Nassau County which featured interactive and compelling life-changing information stations and activities as well as entertainment and valuable health information for the whole family.

Suffolk County

When:  Sunday, October 25, 2009
Donation Turn-In: 8:30 AM;
Ribbon Cutting Ceremony: 10:00 AM

Where:  Stony Brook University
Stony Brook, NY

Chair:  Steven L. Strongwater, M.D.
CEO, Stony Brook University Med. Center

Vice Chairs:  Todd K. Rosengart, M.D.
Professor and Chief, Cardiothoracic Surgery
Co-Director Stony Brook Heart Center

David L. Brown, M.D.
Professor and Chief, Cardiovascular Division
Co-Director Stony Brook Heart Center

First ever Paws for a Cause Start! Dog Walk!
CALL OR GO ONLINE TO REGISTER!

Next Steps:  Register online or read about the 2009 Long Island Start! Heart Walk at www.longislandheartwalk.org or contact the American Heart Association at (516) 777-8447.

Two 4 One!  More Exercise = More Life!

*Did you know?*  Individuals will gain about two hours of life expectancy for each hour of regular exercise ... even if they don’t start until middle age.  **Start!** taking control!  **Start!** living healthier! Register for the Long Island **Start!** Heart Walk today!

**Start!** Making a change.  **Start!** Walking.  **Start!** Eating Healthy.  **Start!** Living.