



Healthy Living™

# Join the movement.

# Walk!



Heart disease is America's number one killer. But we can change that. Join the American Heart Association's movement to get all Americans walking. At work. At home. Anywhere. It only takes 30 minutes a day. You'll decrease your risk of stroke, reduce your cholesterol, and lower your blood pressure. So don't just work at work. Take time to walk. Your heart will love you for it.