

**For Immediate Release:** March 20, 2012

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Heart Walk®

**Tweet this:** We're joining @AmericanHeartFW at noon at Parkview Field for National Walking Day!

## **NATIONAL WALKING DAY EVENT SCHEDULED AT PARKVIEW FIELD**

*Residents and downtown workers encouraged to lace up their tennis shoes on April 4 for free walking event*

**WHAT:** Celebrate National Walking Day by joining the American Heart Association and PHP at Parkview Field for a free, heart-healthy walking event. Free goody bags will be given to the first 400 adults and 100 children. Kids will also receive a free hula hoop from PHP at the kids' area. You can also enter to win prizes, have your picture taken with Johnny from the TinCaps, and get a free mystery gift just for liking the American Heart Association on Facebook! You decide how many laps around Parkview Field you want to make. Parkview Field's lunch cart will be on hand to provide healthy lunch options at a minimal cost.

So why not join thousands of companies and their employees as we lace up our sneakers to walk against the No. 1 killer of Americans - heart disease. Together, we can start a new, healthier way of living!

**WHEN:** Wednesday, April 4, 2012, at 11:30 a.m. The walk kicks off at 12 p.m.

**WHERE:** Parkview Field, downtown Fort Wayne. If you can't attend the event at Parkview Field, simply lace up your tennis shoes and take a quick walk around your office building or neighborhood.

**WHY:** You are 1.5 to 2.4 times more likely to have coronary heart disease if you are inactive, but walking vigorously for 30 minutes a day can reduce high blood pressure and cholesterol, reducing the risk of heart disease and stroke. Studies show that some adults may gain as many as two hours of life expectancy for each hour of regular, vigorous physical activity, such as very brisk walking.

In its sixth year, National Walking Day calls on Americans to incorporate 30 minutes of walking into their day. To begin walking regularly, at any physical activity level, visit [startwalkingnow.org](http://startwalkingnow.org) to access tools, walking plans, a list of walking paths and to download the new smart phone walking path application.

**PATHS:** The American Heart Association has been working to designate safe, free walking paths across the country. Parkview Field was the named Indiana's first designated walking path in 2010 by the American Heart Association, joining a list 19,000 other walking paths. To view all paths or to map a custom walking route in your neighborhood, visit [startwalkingnow.org](http://startwalkingnow.org).

Parkview Field's concourse is open year round at no cost to walkers every day from 7 a.m. to dusk. Memorial Day through Labor Day, walkers can also purchase lunch from its lunch cart.

PHP is the American Heart Association's My Heart. My Life. sponsor.

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