



American Heart
Association



Learn and Live®

Each year, more than 1 million Americans suffer a heart attack and 700,000 have a stroke. A leading risk factor for heart attack and embolic stroke is lack of physical activity. About 70 percent of Americans are not getting enough exercise, blaming lack of time and lack of motivation. Ignoring fitness and health increases our chances for disease.

The County of Riverside is proud to partner with the American Heart Association's Start! Campaign, a physical activity program to fight heart disease and stroke by getting people moving through workplace walking programs. Participating in this program can significantly improve our health.

- According to a Harvard University study, you will gain about two hours of life expectancy for each hour of regular exercise, even if you don't start until middle age.
- Brisk walking for as little as 30 minutes a day can bring heart-health benefits and reduce your chances for stroke by lowering bad cholesterol (LDL) levels and high blood pressure.

By making physical activity part of our employees everyday life (walking on breaks, at lunch or even during a quick meeting with a colleague), we can begin to see other benefits. They include:

- help keep our weight under control
- prevent bone loss
- boost our energy level
- manage stress

Please join the [County of Riverside Start! Walking Challenge](#) today!

Goal: 150 Challenge Health Ambassadors across the County Departments

Contact [Anna Marie Pudelek at 951-778-3976](#) to become a [Health Ambassador](#) and take charge of your health! As a Health Ambassador you can encourage your fellow employees to participate in a walking program; you can assist them in tracking their progress; you can distribute monthly walking newsletters; you can coordinate special events – 'like bring a healthy lunch to work day'. Most importantly, you will promote good health and wellness in your Department.