

City of El Paso de Robles

PROCLAMATION NATIONAL START WALKING DAY April 8, 2009

WHEREAS, each year 1.2 million Americans suffer a new and recurrent coronary attack, and cardiovascular disease is the nation's leading cause of death with direct and indirect costs estimated to be \$4348.5 billion in 2008 ; and

WHEREAS, more physical activity can help improve these statistics; and

WHEREAS, some adults may gain up to two hours of life expectancy for every hour of regular, vigorous physical activity, such as very brisk walking; and

WHEREAS, in addition to the possibility of increased life expectancy, regular walking has many proven benefits for an individual's overall health. Brisk walking for 30 minutes a day can lower both bad cholesterol (LDL) levels and high blood pressure. It may also help individuals who are overweight prevent weight gain, and reduce their risk of stroke; and

WHEREAS, the Centers for Disease Control and Prevention estimate that physically active people save \$330 per year in direct medical expenditures; and

WHEREAS, on National Start! Walking Day, April 8, the American Heart Association's Start! initiative calls on all citizens of San Luis Obispo County to walk at least 30 minutes today; and

WHEREAS, the purpose behind National Start! Walking Day is to get Americans to become more physically active by walking.

NOW, THEREFORE, I, Duane Picanco, Mayor of the City of Paso Robles in recognition of the importance of regular physical activity, do hereby proclaim April 8, 2009, as

“National Start! Walking Day”

in San Luis Obispo County and urge all citizens to show their support for walking and the fight against heart disease and commemorate this day by walking at work.

By increasing awareness of the importance of physical activity to reduce the risk for cardiovascular disease, we can save thousands of lives each year.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the Paso Robles this eighth day of April 2009.

Mayor Duane Picanco