Join Americans across the country on April 7, 2010 for National Start! Walking Day and wear your sneakers to work.

Physical inactivity doubles the risk of heart disease, our nation’s No. 1 killer. Start walking at work and start reducing your risk.

Let this be your first move toward adopting a heart-healthy work style.

You could gain about two hours of life expectancy for every one hour of regular, vigorous exercise. So lace up your sneakers and make a pledge to live a longer, healthier life.

It’s never too early to register for the Greater Washington Region Start! Heart Walk!

Walk more + eat well = live longer

Visit www.startgreaterwashington.org today!