King County

PROCLAMATION

WHEREAS, each year, 1.2 million Americans suffer a new and recurrent coronary attack; and

WHEREAS, cardiovascular disease is the nation's leading cause of death with direct and indirect costs estimated to be $503.2 billion in 2010; and

WHEREAS, adults may gain up to two hours of life expectancy for every hour of regular, vigorous exercise; and

WHEREAS, regular walking has many proven health benefits including lowered cholesterol levels, decreased blood pressure, and maintained weight; and

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

WHEREAS, on April 7, the American Heart Association calls on all King County citizens to walk at least 30 minutes for National Start! Walking Day.

NOW, THEREFORE, I, Dow Constantine, Executive of King County, do hereby proclaim April 7, 2010 to be

National Start! Walking Day

in King County. I urge all residents to show support for the fight against heart disease and commemorate this day taking a walk. We can save thousands of lives each year through increased awareness about the importance of physical activity to reduce risk of cardiovascular disease.

Dow Constantine
King County Executive