

TAKE YOUR HEART FOR A WALK. YOU COULD LIVE LONGER.

Walking is good medicine for your heart. In fact it's great medicine. Did you know that for every hour of regular, vigorous exercise we do, like brisk walking, we could live two hours longer?

Imagine, if we could walk to the moon and back, we could live forever.

Take your heart for a walk today. Join the Start! Movement at americanheart.org/start or call **1-800-AHA-USA-1**. You could live longer.



American Heart
Association 
Learn and Live®