



Heart Walk.

HOW YOU CAN MAKE AN IMPACT ON FIGHTING FIGHTING CARDIOVASCULAR DISEASE AND STROKE

Cardiovascular diseases are America's No. 1 killer and a leading cause of disability. Millions of Americans of all ages and races have risk factors that increase the odds that they will one day suffer a heart attack or stroke, or develop another cardiovascular disease. Take a look at the number of adults with controllable risk factors:

- High blood pressure—65 million
- Borderline-high or high blood cholesterol—Nearly 100 million
- Smoking—44 million
- Physical inactivity—24 percent report no leisure-time activity
- Overweight or obesity—More than 136 million
- Diabetes—About 20 million diagnosed and undiagnosed

The good news is...you can do a lot to lower your risk. The American Heart Association helps people learn the facts and take action to lower their risk.

ABOUT THE AMERICAN HEART ASSOCIATION

The American Heart Association is the largest voluntary health organization working to prevent, treat and defeat heart disease, stroke and other cardiovascular diseases. These diseases devastate millions of people of all ages and kill about 870,000 Americans each year.

To fight cardiovascular diseases, the association supports research, education and advocacy, and helps heart disease and stroke patients. Research we've funded has led to such major advances as CPR, bypass surgery, artificial heart valves, pacemakers, clot-busting drugs and high blood pressure medications. Each year we train more than 9 million emergency medical services personnel, healthcare professionals and citizens in Emergency Cardiovascular Care.

Millions of volunteers and supporters throughout the United States help us fight heart disease and stroke, making it possible for many people to live longer, better lives.
21.4

By participating in the Virtual Heart Walk, you'll be taking action against our nation's No. 1 killer — and making life better for your family, friends and neighbors in your community and all across America.

Thank You!!