

# PROCLAMATION



City and County of Denver

**Proclamation No. CP11-0241**

In support of National Start! Walking Day

**WHEREAS**, cardiovascular diseases, including coronary heart disease and stroke, are the nation's leading cause of death and a leading cause of disability, with 1.26 million Americans suffering a new or recurrent coronary attack each year and 795,000 suffering a new and recurrent stroke; and

**WHEREAS**, the total direct and indirect costs of cardiovascular disease, including lost productivity, are estimated to be \$444.2 billion in 2010, and

**WHEREAS**, regular physical activity can reduce cardiovascular disease risk and increase life expectancy; and

**WHEREAS**, the 2008 Physical Activity Guidelines for Americans and the AHA recognize the many health benefits of physical activity, including lower risk of heart disease and stroke, and recommend that children and adolescents do at least 60 minutes of moderate or vigorous intensity physical activity each day and adults do at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity (or combination of both) each week; and (Source: <http://www.health.gov/PAGuidelines/guidelines/default.aspx>)

**WHEREAS**, regular walking has many proven benefits for an individual's overall health. Brisk walking for at least 30 minutes a day can help lower blood pressure, increase HDL "good" cholesterol in the blood, control weight and control blood sugar through improved use of insulin in the body. All of these changes help reduce the risk of cardiovascular disease and stroke; and

**WHEREAS**, if ten percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved; and (Source: [http://www.cdc.gov/chronicdisease/resources/publications/fact\\_sheets/obesity.htm](http://www.cdc.gov/chronicdisease/resources/publications/fact_sheets/obesity.htm))

**WHEREAS**, studies indicate that one of the best investments a company can make is in the health of its employees. By promoting a culture of physical activity, corporate America can decrease healthcare costs, increase productivity, and improve the quality of life and longevity of the US workforce; and

**WHEREAS**, on National Start! Walking Day, April 6th, the American Heart Association's Start! movement calls on everyone to wear sneakers and Start! Walking; and

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

**NOW, THEREFORE, BE IT PROCLAIMED BY THE COUNCIL OF THE CITY AND COUNTY OF DENVER THAT:**

**Section 1.** The Council hereby recognizes the importance of regular physical activity, and does hereby proclaim April 6, 2011, as “National Start! Walking Day” in Denver, Colorado, and urges all citizens to show their support for the fight against heart disease, and commemorate this day by walking 30-minutes either at their place of work, residence or at the Civic Center Park, utilizing the American Heart Association official walking path. By increasing awareness of the importance of physical activity to reduce the risk for cardiovascular disease, we can save thousands of lives each year.

**Section 2.** That the Clerk of the City and County of Denver shall attest and affix the seal of the City and County of Denver to this proclamation.

PASSED BY THE COUNCIL \_\_\_\_\_ 2011

\_\_\_\_\_ PRESIDENT