

**WHEREAS,** cardiovascular diseases, including coronary heart disease and stroke, are the nation's leading cause of death and a leading cause of disability, accounting for about one of every three deaths of Americans per year; and

**WHEREAS,** the direct and indirect costs of cardiovascular diseases, including lost productivity, are an estimated \$320.1 billion, and obesity is a significant factor driving health care spending, accounting for an estimated 12 percent of growth in recent years; and

**WHEREAS,** regular activity can reduce cardiovascular disease risk and may increase life expectancy, but 50 percent of adults and 62 percent of children do not get daily vigorous physical activity; and

**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,** on National Walking Day, April 1, the American Heart Association calls on everyone to wear sneakers, walk for 30 minutes and start a regular walking program and encourages Americans to become more physically active by walking.

**NOW, THEREFORE BE IT RESOLVED** that I, Richard Ranzau, Chairman of the Board of Sedgwick County Commissioners, do hereby proclaim April 1, 2015 as

#### **NATIONAL WALKING DAY**

In Sedgwick County and urge all citizens to show their support for walking and the fight against heart disease and commemorate this day by taking time to walk.

April 1, 2015