

**WHEREAS,** cardiovascular disease is the leading cause of death in the United States and accounts for one-third of all deaths and stroke is the number 5 cause of death in the United States and is a leading cause of disability; and

**WHEREAS,** the direct and indirect costs of cardiovascular diseases, including lost productivity, are an estimated \$316.6 billion, and obesity is a significant factor driving health care spending; and

**WHEREAS,** regular physical activity can reduce cardiovascular disease risk and may increase life expectancy, but only 36 percent of children and 44 percent of adults get the recommended amount; and

**WHEREAS,** moderate physical activity has many proven benefits for an individual's overall health including controlling body weight, blood cholesterol, and blood pressure. All of these changes help reduce the risk of cardiovascular disease and stroke; and

**WHEREAS,** on National Walking Day, the American Heart Association encourages all Americans to take a 30-minute walk with family, friends and colleagues and to share their minutes walked on social media with hashtag #HeartWalkICT.

**WHEREAS,** on National Walking Day, April 6, 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, Jim Howell, Chairman of the Board of Sedgwick County Commissioners, do hereby proclaim April 6, 2016 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 6, 2016