



2009 Tampa Bay Start! Heart Walk

HEART WALK®

Mark Your Calendar!

Date: November 14, 2009
Location: Raymond James Stadium, Tampa
Distance: 3 mile or 1 mile Walk
Event Goal: \$1,800,000

Team USF Goal: **\$50,000**

Contact: Casey Wells, Walk Director (and USF alumna), 727-63-8106 or casey.wells@heart.org

About Start! Heart Walk

Start! Heart Walk, Tampa Bay's largest walking event, provides the opportunity for people to improve their health by walking and raising funds to save lives from our country's No. 1 and No. 3 killers – heart disease and stroke.

USF has participated in the Heart Walk for a number of years – last year **53 USF Teams with a total of 584 walkers raised \$36,859!** And it all comes back to USF – since 1997 **USF has received over \$9.8 million for research** from the American Heart Association.

Benefits of Start! Heart Walk

The Start! Heart Walk creates a community among participants and passion for reducing disability and death from cardiovascular diseases. It also generates excitement for a new or renewed commitment to heart-healthy living. **How will it benefit you?** Well, did you know...

- ♥ Adults gain two hours of life expectancy for each hour of regular exercise?
- ♥ Brisk walking for 30 minutes a day can reduce your risk of cardiovascular disease, high cholesterol and high blood pressure?
- ♥ Walking just *one hour a week* can reduce the risk of coronary artery disease by 51%?

Plus funds raised by walkers in our area support the American Heart Association's life-saving research and education programs helping Tampa Bay residents live longer, stronger lives.

Register TODAY for Start! Heart Walk

Sign up individually or as a team online at <http://tampabayheartwalk.kintera.org> (with University of South Florida as your organization/employer) or contact Casey Wells at the American Heart Association at casey.wells@heart.org or 727-563-8106 or USF Company Leader Christopher Akin of the A&P Council at 813-974-0898 or cakin@admin.usf.edu. Invite friends and family to donate and cheer you on as you walk. Save lives, live longer, live stronger!

Start! Make a Difference!