

# ♥ HEART HEALTH

## Americans To Get Up, Get Walking

(NAPSA)—A new, free, Web-based tool developed by the American Heart Association (AHA) is considered a step in the right direction toward battling the nation's growing problem of sedentary lifestyles.

An estimated 66 percent of the American population is overweight or obese, with much of the problem stemming from poor diet and lack of physical activity. The AHA aims to reverse these trends with the 2008 National Start! Challenge, featuring six people from across the country who've committed to a healthier lifestyle. The Challenge focuses on eating right and walking. Entertainer Donny Osmond is the spokesperson for the Challenge—and an avid walker.

"Good health has always been one of my top priorities, but with a large family and busy schedule I can relate to the struggles that many people face in terms of making time for fitness," says Osmond. "The great thing about walking is that it's simple. Most people can find places to walk at work or in their communities. Plus, there's no equipment to buy, no learning curve. You can literally start today."

Cardiovascular disease is the nation's No.1 killer and physical inactivity significantly increases the risk of heart disease and stroke. An estimated 70 percent of Americans don't get enough exercise, often blaming lack of time and lack of motivation.

### Online Support

The American Heart Associa-



**Entertainer Donny Osmond is the national spokesperson for the Start! movement.**

tion created MyStart! Online as a resource for people to stay motivated and make positive lifestyle changes through walking and improved eating habits.

As a component of the Start! Walking Program, it is an excellent way for people to track their progress toward healthier, longer lives. With MyStart! Online, people can:

- Track their daily physical activity in distance and minutes;
- Track their daily caloric intake;
- Map a customized walking route near their home, office or hotel if traveling;
- Receive monthly Start! Newsletters with expert advice on fitness and nutrition; and
- Access resources such as nutritional information, recipes and calorie charts.

Start! is sponsored nationally by Subway Restaurants, Healthy Choice and AstraZeneca. For more information, call (800) AHA-USA1 or visit [www.heart.org/start](http://www.heart.org/start).