

Taking The Steps To Find A Cure

(NAPSA)—There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs and it's good for your overall well-being. Yet many of us limit the amount of walking we do daily while relying on cars, escalators or moving walkways rather than taking the necessary steps to get where we are going. This often results in missed opportunities for daily physical activity.

Walking is an excellent form of physical activity, particularly because of its versatility. Almost anyone—of any age and/or fitness level—can do it anywhere.

Here's an opportunity to get together for a noncompetitive yet beneficial walking event: America's Walk for Diabetes is a walk to raise money to help find a cure for diabetes and improve the lives of all people with diabetes. Every year, more than 100,000 Americans in almost 250 cities across the country team up with their families, neighbors, co-workers and friends to raise funds to find a cure for diabetes.

Most of these local walkathons are less than five miles, and you can sign up online. Walkers gather donations from local businesses and individuals to help raise funds for diabetes research. Some people form corporate teams within their workplace, having their employers sponsor and also participate in the Walk.

Approximately 17 million people in the United States, or 6.2 percent of the population, have diabetes. While an estimated 11.1 million have been diagnosed, roughly a third are unaware that they have the disease. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play



Walkathons help raise funds for diabetes research, and provide an exercise opportunity.

roles in developing type 2 diabetes. The best advice, stay fit, help raise money in the fight against diabetes and reduce your risk of developing type 2 by joining America's Walk for Diabetes.

The national presenting sponsor of Walk is Equal Sweetener. Other national corporate sponsors include Cary's Sugar Free Syrup, Fiber One Bran Cereal, Glucerna, Hershey's and Reeses Sugar Free Chocolate Candy, Kraft Diabetic Choices, Murray Sugar Free Cookies, US DenTek Oral Care and Veryfine Fruit₂O. Both *Health* and *People* magazine are the event media sponsors.

For more information on America's Walk for Diabetes, to sign up as a walker, sponsor, or volunteer, or to donate, call the American Diabetes Association at 1-888-DIABETES (1-888-342-2383) or visit www.diabetes.org/walk.

The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information and advocacy. Founded in 1940, the Association has offices in every region of the country, providing services in hundreds of communities.