



# spotlight on health

## Walking To Get To The Heart Of The Matter

(NAPSA)—Here's news women can take to heart. As little as 30 minutes of walking and running three times a week can benefit your heart health. Walking and running are great and easy ways to stay fit all year.

That's good news because, according to the Department of Health and Human Services, heart disease is the number one cause of death among women.

One fun way women of all ages and fitness levels can get and stay in shape, and reduce their risk of heart disease, is by taking part in Avon Walking and Running, a series of women-only 5K (3.1 miles) and 10K (6.2 miles) walks/runs which take place in the U.S. from May through December.

Avon Walking and Running, created by Avon Products, Inc., is a wonderful way to get fit, stay motivated and meet new people.

### Avon Walking and Running events take place in 8 U.S. cities:

May 12	Denver, CO
July 14	Hartford, CT
Aug. 11	Minneapolis/St. Paul
Sept. 9	Baltimore, MD
Sept. 16	Albuquerque, NM
Oct. 7	Kansas City, MI
Nov. 17	Tampa, FL
Dec. 9	Phoenix, AZ



An exciting innovation this year is the Avon Wellness Village, a unique and festive place for women and their friends and family to gather. Avon health and beauty professionals will offer health information and complimentary beauty treatments designed to revitalize one's sense of self—body, mind and spirit. A variety of activities and services including free Avon manicures, body massages, blood pressure checks and fitness demonstrations by personal trainers will be avail-



**Walking and running are great ways to stay fit all year round.**

able. The Avon Wellness Village also includes a "Kid's Tent" with special activities for children.

Here are a few health tips that get right to the heart of the matter from Kathrine Switzer, Program Director, Avon Walking and Running:

- Make exercise a priority. Aim for eventually reaching 30 minutes a day, five times a week. But remember that even 10 minutes is better than no minutes.
- Mom was right! Eat plenty of fruits, vegetables and oatmeal, and cut down on saturated fats.
- Walk or exercise with a partner. It's fun and keeps you motivated.
- Spice up your walking/running program by incorporating a variety of fitness activities.
- Don't smoke.
- Women who are post menopausal or over age 50, and men over age 40, should consult their doctor before beginning an exercise program.
- See your doctor for an annual checkup.

For more information or to register for Avon Walking and Running, call 1-800-748-1047, ext. 5350 or visit [www.avonrunning.com](http://www.avonrunning.com).