2016 Tri-State Heart Walk  June 4

The Heart Walk is the American Heart Association’s groundbreaking movement to get America walking. The Evansville Tri-State Heart Walk calls on Tri-State citizens and businesses to create a culture of physical activity and wellness so that we may live longer, heart healthy lives.

Inactivity significantly increases the risk of cardiovascular disease, our nation’s No. 1 killer. Seventy percent of Americans do not get enough exercise. Increased physical activity decreases risk of heart disease, stroke and other diseases.

When:  June 4, 2016

Goals:  You have the option of fundraising to support our team goal of $1,000. However, the biggest goal is to reduce cardiovascular disease and stroke while increasing awareness of the importance of physical activity, showcasing that physical activity can be fun.

Where:  Heart Walk begins near Emtrak trains at the Evansville Museum on Riverside Drive.

Next Steps:  Register at http://evansvilleheartwalk.kintera.org/ivytech to join the Ivy Tech team. You can utilize the Heart Walk app on your iPhone or Android to register and fundraise.

Questions? Contact Team Captain, Amy Lutzel, Ivy Tech Wellness and Fitness Coordinator at 812-429-0582 or alutzel@ivytech.edu.

2 for 1: More Exercise = More Life!

Did you know? You will gain two hours of life expectancy for each hour of regular exercise . . . even if you don’t start exercising until middle age.

The Welborn Foundation Wellness & Fitness Center wants to help you get in shape for the 3-mile walk/run on June 4. Be sure to ask about our 9-week training program which begins in late March. Stop by the Fitness Center in Room 142 for details. (812) 429-0585