

AGENDA SUMMARY PAGE
CITY COUNCIL MEETING OF: APRIL 16, 2008

DEPARTMENT: OFFICE OF COMMUNICATIONS
DIRECTOR: DAVID RIGGLEMAN

SUBJECT:

RECOGNITION OF NATIONAL START! WALKING DAY

BACKUP DOCUMENTATION:

Submitted at meeting Copy of Proclamation for Start! Walking Day

Minutes:

No motion required. A presentation was made.

TIM QUILLIN, Chair of the American Heart Association Board, joined MAYOR GOODMAN, who recognized April 16, 2008, to be National Start! Walking Day.

MAYOR GOODMAN announced that cardiovascular disease is the leading cause of death, with a cost of almost \$450 million for this year alone. One way people can combat this disease is to exercise. Increased physical activity increases life expectancy, work performance and quality of life. He encouraged everyone to get active.

MR. QUILLIN said the American Heart Association is dedicated to improving the health of people.

