

From the office of the Mayor Proclamation

Whereas; each year 1.2 million Americans suffer a new and recurrent coronary attack, and cardiovascular disease is the nation's leading cause of death with direct and indirect costs estimated to be \$448.8 billion in 2008; and

Whereas; adults may gain up to two hours of life expectancy for every one hour of vigorous exercise; and

Whereas; in addition to increased life expectancy, regular walking has many proven benefits for an individual's overall health. Brisk walking for 30 minutes a day can lower both bad cholesterol levels and high blood pressure. It can also help individuals who are overweight achieve and maintain weight loss and reduce their risk of stroke; and

Whereas; studies indicate that one of the best investments a company can make is in the health of its employees. By promoting a culture of physical activity, corporate America can decrease healthcare costs, increase productivity, and improve the quality of life and longevity of the U.S. workforce; and

Whereas; on Start! Walking Day, April 16th, the American Heart Association's Start! Movement calls on all employees to wear sneakers to work and Start! Walking at work; now


Therefore; I, THE MAYOR OF THE CITY OF LAS VEGAS, COUNTY OF CLARK, STATE OF NEVADA, HEREBY PROUDLY PROCLAIM APRIL 16, 2008, TO BE:

Start! Walking Day

IN THE CITY OF LAS VEGAS AND ASK ALL CITIZENS TO SHOW THEIR SUPPORT FOR WALKING AND THE FIGHT AGAINST HEART DISEASE AND COMMEMORATE THIS DAY BY WALKING AT WORK. BY INCREASING AWARENESS OF THE IMPORTANCE OF PHYSICAL ACTIVITY TO REDUCE THE RISK FOR CARDIOVASCULAR DISEASE, WE CAN SAVE THOUSANDS OF LIVES EACH YEAR.



In Witness Whereof:
BY THE POWERS GRANTED TO ME,
I HAVE HEREUNTO SET MY HAND
AND CAUSED THE SEAL OF THE
CITY OF LAS VEGAS TO BE AFFIXED
THIS 16TH DAY OF APRIL, 2008.


HONORABLE OSCAR B. GOODMAN
MAYOR, CITY OF LAS VEGAS