

**WHEREAS**, cardiovascular diseases, including heart disease and stroke, are the nation’s leading cause of death and disability, with 1.26 million Americans suffering a new or recurrent coronary attack each year and 795,000 suffering a new or recurrent stroke; and

**WHEREAS**, the 2008 Physical Activity Guidelines for Americans and the American Heart Association recognize the many health benefits of physical activity, including lower risk of heart disease and stroke, and recommend that children and adolescents do one hour of physical activity or more each day and adults do two and a half hours of moderate intensity physical activity each week; “National Start! Walking Day,” is designed to get Americans to become more physically active by walking; and

**WHEREAS**, regular walking has many proven benefits for an individual’s overall health; brisk walking for at least 30 minutes a day can lower both bad cholesterol (LDL) levels and high blood pressure, and help individuals who are overweight achieve and maintain weight loss, thereby reducing 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 country’s workforce; and

**WHEREAS**, direct and indirect costs of cardiovascular disease, including lost productivity, are estimated to be \$475.3 billion in 2009, and if ten percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved;

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of the County of Santa Clara, State of California, in recognition of the importance of regular physical activity, does hereby proclaim April 8, 2009 as

## *“National Start! Walking Day”*

and urge all citizens to become more physically active by walking, thereby reducing the risk for cardiovascular disease and improving the lives of children, adolescents, and adults.

**PASSED AND ADOPTED** this Seventh Day of April, Two Thousand Nine by unanimous vote.

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Liz Kniss, President  
Board of Supervisors

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Donald F. Gage  
Supervisor, District One

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George M. Shirakawa  
Supervisor, District Two

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Dave Cortese  
Supervisor, District Three

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Ken Yeager  
Supervisor, District Four

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Attest: Maria Marinos  
Clerk, Board of Supervisors