

MOTION BY MAYOR MICHAEL D. ANTONOVICH

AUGUST 9, 2011

LOS ANGELES COUNTY HEART WALK DAY

The 2011 Los Angeles County Heart Walk is a non-competitive 5k walk promoting physical activity and heart-healthy living in a fun, family environment. Funds raised through the Heart Walk support the American Heart Association’s research and outreach to individuals at risk for heart disease.

Each year more than 1 million walkers participate in more than 350 events across the country, raising funds to save lives from this country’s No. 1 and No. 3 killers - heart disease and stroke.

This year, more than 10,000 participants will join heart disease survivors and walk on Saturday, October 15, 2011, at the Pasadena Rose Bowl to show their support and demonstrate their commitment to finding a cure.

The annual Heart Walk has become an opportunity for people from all “walks” of life to improve their health by walking and raising funds to help fight heart disease and stroke. The Heart Walk creates a stronger community among participants and survivors, instills passion to reduce disability and death from cardiovascular diseases and stroke, and generates excitement for a new or renewed commitment to heart-healthy living.

Several County departments will join this year’s Heart Walk to support the mission of the American Heart Association. In support of this effort, County departments’ wellness coordinators will be asked to disseminate information regarding the Heart Walk, and encourage colleagues to support and participate in the event.

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MOTION

MOLINA	_____
RIDLEY-THOMAS	_____
YAROSLAVSKY	_____
KNABE	_____
ANTONOVICH	_____

Because so many of us have been touched by heart disease in our families and circles of friends, and because the Heart Walk supports the goals of this Board to improve the health of all County residents by encouraging physical exercise and healthy living,

I, THEREFORE, MOVE that the Board of Supervisors take the following actions:

1. Direct every County department to support the Los Angeles County Heart Walk by registering and supporting fundraising efforts;
2. Direct County departments' wellness coordinators to promote the 2011 American Heart Association Heart Walk, and encourage colleagues to participate and support;
3. Direct the Auditor-Controller to publicize the October 15, 2011 event on the September 15, 2011 paycheck run, and encourage active employee participation; and
4. Proclaim Saturday, October 15, 2011 as "Los Angeles County Heart Walk Day" in support of the event, which encourages all employees to live a healthier lifestyle and reduce risk for heart attack and stroke.

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