Mayor Whaley Teams with Surgeon General, Other Mayors to Fight Heart Disease

Dayton Mayor Nan Whaley Joins U.S. Conference of Mayors and Surgeon General Jerome Adams to Mark World Heart Day with Special Event in Columbia, S.C.

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To mark World Heart Day on Saturday, Dayton Mayor Nan Whaley will join the U.S. Surgeon General and other mayors from across the nation for a special event to battle heart disease - the leading killer of Americans.

The United States Conference of Mayors is organizing a special "Move with the Mayor" walk in Columbia, S.C. The goal: get Americans to take steps now to fight heart disease and live longer, healthier lives.

"Heart disease is a leading cause of death in our community," said Dayton Mayor Nan Whaley. "But the good news is that there are simple things you can do to reduce your risk. Just taking a 30 minute walk every day can help keep your heart healthy."

U.S. Surgeon General Jerome Adams is joining Mayor Whaley and more than four dozen other mayors in Columbia at the United States Conference of Mayors Leadership Meeting. They will walk instead of driving between meeting locations on Saturday - and encourage others to start walking more, too.

Saturday's Move with the Mayor event is part of a nationwide campaign, led by the National Forum for Heart Disease & Stroke Prevention, to help Americans live longer and feel better.

"Too many of us can't do the things we enjoy most because of health limitations," said John Clymer, executive director of the National Forum for Heart Disease & Stroke Prevention. "And it will only get worse if we don't do something for ourselves."

Cardiovascular diseases kill about 800,000 Americans every year. That's more deaths

than from all types of cancer combined.

"What makes these deaths especially devastating is that heart disease is preventable for most people," Clymer said. "That's why we're so grateful for the leadership of the United States Conference of Mayors and Surgeon General Adams in helping our nation's citizens get on the road to better health."

The good news, Clymer said, is that getting healthier can start with a simple step: Start walking. Research shows walking just 30 minutes a day can significantly lower the risk of heart disease.

"As the mayors and Surgeon General are demonstrating, you don't need special skills, facilities or expensive equipment to walk, and even very busy people can fit it into their daily routines," Clymer said.

"It's just doing the basics," Clymer added. "Exercise daily, eat healthier meals and don't smoke."
On World Heart Day, the National Forum for Heart Disease & Stroke Prevention is asking people to make a commitment to their health - for themselves and for their families.

"When you make a commitment to better health, you're making a commitment to a better life for you and your loves ones," Clymer said. "World Heart Day is the perfect day to get started."

ABOUT THE UNITED STATES CONFERENCE OF MAYORS
The United States Conference of Mayors (USCM) is the official non-partisan organization of cities with populations of 30,000 or more. There are 1,408 such cities in the country today. Each city is represented in the Conference by its chief elected official, the mayor.

ABOUT THE NATIONAL FORUM FOR HEART DISEASE & STROKE PREVENTION
The National Forum for Heart Disease & Stroke Preventionbrings together the most dynamic and diverse organizations in cardiovascular health, providing a forum share knowledge and ideas and to collaborate. More than 90 public, private and nonprofit sector organizations are members. The National Forum is an independent non-profit, 501(c)(3), voluntary health organization. To learn more, visit www.nationalforum.org.

ABOUT WORLD HEART DAY
World Heart Day was founded by the World Heart Federation in the year 2000 to inform people around the globe that heart disease and stroke are the world's leading causes of death, claiming 17.3 million lives each year. World Heart Day takes place on Sept. 29 every year.

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