



## **Healthy Orange says ... Bring Your Sneakers to Work!**

### **Join the American Heart Association's Move More Initiative Little Steps, Big Gains... April 4, 2018**



Heart disease is the No. 1 killer in the U.S. - and physical *inactivity* doubles the risk of heart disease and stroke. **Start walking and start reducing your risk.**

Join your coworkers on Wednesday, April 4th for **Bring Your Sneakers to Work Day!**

- Bring your sneakers to work.
- Enjoy a 30-minute walk with co-workers before work, during lunch or after work.
- Ask Healthy Orange for heart health information.
- Make your pledge to live a longer, healthier life.

For additional information about Bring Your Sneakers to Work Day, please call Healthy Orange at 360-6680 or e-mail Meg Oakes at [moakes@orangecountygov.com](mailto:moakes@orangecountygov.com). For further information about the Move More Initiative, please visit [www.americanheart.org](http://www.americanheart.org).

\* Please check with medical provider before starting any physical activity program



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