



Each year, more than 1 million Americans suffer a heart attack and 700,000 have a stroke. A leading risk factor for heart attack and embolic stroke is lack of physical activity. About 70 percent of Americans are not getting enough exercise, blaming lack of time and lack of motivation. Ignoring fitness and health increases our chances for disease.

Indiana State University is proud to partner with the American Heart Association's Start! Campaign, a physical activity program to fight heart disease and stroke by getting people moving through workplace activity programs. Participating in this program can significantly improve your health.

- According to a Harvard University study, you will gain about two hours of life expectancy for each hour of regular exercise, even if you don't start until middle age.
- Brisk walking for as little as 30 minutes a day can bring heart-health benefits and reduce your chances for stroke by lowering bad cholesterol (LDL) levels and high blood pressure.

By making physical activity part of your everyday life (walking on your break, at lunch or even during a quick meeting with a colleague), you can begin to see other benefits. They include:

- help keep weight under control
- prevent bone loss
- boost energy level
- manage stress

Please join the Indiana State Start! Activity Challenge today and take charge of your health!



Program Details:

The Indiana State Student Recreation Center is sponsoring a Faculty/Staff "Start! Get Active!" Challenge

Registration and online tracking linked to the Indiana State program is required, along with a pre- and post-program blood pressure screen.

Individual Prizes will be awarded for Highest Activity Level, Most Rec Center Visits and most improved Blood Pressure

Dates of Challenge: January 17-February 28

Activities: All activities can be converted to walking steps via the online tracker. Participants will be responsible for logging type of activity, intensity and duration. This includes swimming, cycling, running, etc.!

Additional Registration benefits:

- Monthly newsletters
- Track daily diet intake
- Follow a personalized [Start! Walking Plan](#)
- Get nutrition and physical activity tips to help achieve goals

For Registration contact:

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