

Waterfront WALK OR RUN for Heart

Heart&Stroke
FIT FOR
HEART

LET'S GET MOVING!

2K, 5K & 10K



Sunday, July 11, 2010

West Zwick's Park, Belleville

REGISTER TODAY!

Online at fitforheart.ca or in person at our office:
106A – 121 Dundas St E, Belleville.

Registration: **8:30 am**

Opening Ceremonies: **9:15 am**

10K begins @ **9:30 am**,

5K begins @ **9:45 am** and 2K @ **10:00 am**

visit www.fitforheart.ca or call 613-962-2502 for details

Press Statement – May 13, 2010

The Heart & Stroke Foundation is thrilled to host the WATERFRONT WALK OR RUN FOR HEART as part of the Belleville Waterfront Festival this year. THE WATERFRONT WALK OR RUN FOR HEART is an opportunity for runners and walkers of all abilities to show their passion for being active and fit – for life! It will take place on Sunday morning July 11, starting from West Zwicks Park and will feature 2K, 5K and 10K routes, all along the Waterfront Trail.

In our community, we are facing a health crisis of epidemic proportions. The Hastings & Prince Edward area has been identified as having a staggering number of residents suffering from high blood pressure, the worst in the province in fact. More than half our population is considered overweight or obese. This is a terrifying trend but through Heart and Stroke research, education and advocacy, there is hope for a healthier future.

We are delighted that the Belleville and District Chamber of Commerce has recognized the great work of the Heart and Stroke Foundation and the community need for an emphasis on heart health. With the added exposure the Waterfront Festival will give our event, we hope to encourage more area residents to get active.

For individuals who already make exercise a part of their lives, the **Waterfront Walk or Run** is an opportunity to do something they enjoy to support a great cause, honour a loved one and draw attention to the benefits of a heart healthy lifestyle. For others, the **Waterfront Walk or Run** provides a variety of distances to get started on a fitness program for every level. Taking the first steps towards being active is as simple as a walk in park with friends!

All those interested in participating in **the Waterfront Walk or Run for Heart** are invited to contact the local Heart & Stroke Foundation at 613-962-2502 for more information.

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For more information, contact:

Karen Williamson | Children & Youth/FIT Coordinator | Hastings, Prince Edward and Brighton | **613-962-2502**
Heart and Stroke Foundation of Ontario | Finding Answers. For Life.
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