

Cardiovascular diseases, including coronary heart disease, hypertension and stroke, are the nation's leading causes of death and a leading cause of disability; and

WHEREAS: Research shows that poor lifestyle is a major contributor to heart disease and physical activity is vital in reducing cardiovascular disease risk and increasing life expectancy; and

WHEREAS: The American Heart Association seeks to improve individual and family health through changes to lifestyle habits; and

WHEREAS: Regular walking has many proven benefits for an individual's overall health and brisk walking for at least 30 minutes a day can lower both bad cholesterol levels, high blood pressure and help individuals who are overweight achieve and maintain weight loss thereby reducing their risk of stroke; and

WHEREAS: The American Heart Association's 2020 impact goal is to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent; and

WHEREAS: The purpose of the Sanibel/Captiva Heart, Stroke & Wellness Walk is to get Sanibel/Captiva residents to become more physically active by walking.

NOW, THEREFORE, I, Kevin Ruane, Mayor of the City of Sanibel, Lee County Florida, on behalf of the members of the City Council and the citizens of Sanibel, do hereby declare February 2014 as Heart Healthy Month in the City of Sanibel, and urge all citizens to increase their awareness of heart disease and reduce their risk for heart disease by becoming more physically active.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Sanibel to be affixed hereto.