



Office of the Mayor

James J. Schmitt
Mayor

PRESS RELEASE

FOR IMMEDIATE RELEASE

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Mayor Schmitt and John Clymer Walk for Hearts

GREEN BAY, WI (Sept 26, 2017) – Mayor Schmitt will join John Clymer, Executive Director of the National Forum for Heart Disease & Stroke Prevention for Move with the Mayor. Other guest walkers will include leaders in the education sector.

The “Move with the Mayor Challenge,” is a partnership between the City of Green Bay and the National Forum for Heart Disease & Stroke Prevention. Mayors walk to encourage residents to move for 30 minutes. Walks take place every Tuesday in September, culminating in a final walk on World Heart Day, Sept. 29, where our guest walker will be Mark Murphy, CEO and President of the Green Bay Packers.

Mayor Schmitt observes, “We want all of our citizens to be with us for a long time, and walking is one of the easiest ways to fight heart disease. If I can do it, anyone can.”

“Too many people don’t realize that heart disease is America’s No. 1 cause of death,” said John Clymer. “It’s a silent epidemic that’s killing hundreds of thousands of Americans every year.

In addition to walking each day, the National Forum is urging Americans to follow the “ABCS” as outlined by the [Million Hearts](#) initiative:

A for aspirin: Take aspirin as recommended by your health care provider.

B for Blood pressure. Get your blood pressure checked and find ways to lower it if necessary.

C for Cholesterol. Manage your cholesterol.

S for don’t Smoke. If you need help quitting, call 1-800-QUIT-NOW or visit www.smokefree.gov.

To learn more about the national mayor’s walks, visit MovewiththeMayor.org.

For specific information on Mayor Schmitt’s led walks, visit greenbaywi.gov/WorldHeartDay.

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