



Office of the Mayor

James J. Schmitt
Mayor

PRESS RELEASE

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Green Bay Residents Join Mayor Schmitt on Healthy Heart Walks

(GREEN BAY, WI) – Mayor Schmitt will join residents, city employees, and local celebrities on each Tuesday in September in taking steps to fight the leading killer of Green Bay citizens – heart disease.

Mayor Schmitt will host the city’s third annual “Move with the Mayor Challenge,” a month-long series of walks to save lives by getting people on the road to a healthier heart.

The campaign, a partnership between the City of Green Bay and the National Forum for Heart Disease & Stroke Prevention, encourages residents to walk with the Mayor for 30 minutes every Tuesday in September, along with an additional walk on World Heart Day, Sept. 29.

“We’ve lost too many of our citizens to heart disease for too long,” Schmitt said. “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 make time for a walk, anyone can.”

“Heart disease is a silent epidemic killing hundreds of thousands of Americans every year,” said John Clymer, executive director of the National Forum for Heart Disease & Stroke Prevention. “Deaths from heart disease are preventable. That’s why we’re trying to spread the word and get people moving,” Clymer added.

Clymer said that research shows walking just 30 minutes a day can significantly cut the risk of suffering a heart attack or stroke.

The walks take place each Tuesday in September at 11:55 am, beginning and ending at City Hall. Joining Mayor Schmitt are downtown professionals, city employees, and local celebrities, including Robyn Davis, Executive Director of the United Way, Police Chief Smith and Fire Chief Litton, Steve McCarthy, Executive Director of NEW Curative, Mark Murphy President and CEO of the Green Bay Packers, and many more. The City of Green Bay is honored to have Erbert and Gerbert's, 226 N. Washington, as our sponsor again this year. The City of Green Bay walks have expanded, thanks to the efforts of numerous staff members, to the Park Shop, DPW garages, Transit Center, Wildlife Sanctuary, Water department and Mason Manor. The goal is to get as many of Green Bay's residents walking as possible – not just on Tuesdays, but every day of the week.

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

A is for aspirin. If recommended by your health care provider, take **A**spirin.

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

C is for **C**holesterol. Manage your cholesterol.

S is for don't **S**moke. If you need help quitting, call 1-800-QUIT-NOW or visit www.smokefree.gov.

To learn more about the national mayors' walks, visit MovewiththeMayor.org.

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

ABOUT THE NATIONAL FORUM FOR HEART DISEASE & STROKE PREVENTION

The National Forum brings together dynamic and diverse organizations in cardiovascular health, providing a forum and outlet for organizations to amplify their voices. Their members currently represent more than 80 public and private healthcare organizations, as well as religious institutions, advocacy groups, academics and policy groups. The National Forum is an independent non-profit, 501(c)(3), voluntary health organization. To learn more, visit www.nationalforum.org.

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