

**FOR IMMEDIATE RELEASE**  
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## Get up and Get Moving!

FOR IMMEDIATE RELEASE – April is a great time to get physically active! This month join the American Heart Association in its quest to make Oklahomans more active and lower their risk of heart disease by attending one of their many events:

- National Walking Day, April 1
- Cards for a Cure, 1 p.m. to 2 p.m. April 1 in Downtown Tulsa, Okla.
- Tulsa Heart Walk, gates open at 8 a.m., the walk starts at 9 a.m. April 18 at ONEOK Field in Downtown Tulsa, Okla.

Regular physical activity can help to lower your risk for heart disease, reduce blood pressure and lessen your chances of developing diabetes and certain cancers. Physical activity is anything that makes you move your body and burn calories. So whether it's dancing, gardening, or even walking the dog, just get up and get active! According to the AHA, most adults should be getting a minimum of 30 minutes of moderate-intensity aerobic activity of some kind five days a week, or at least 25 minutes of vigorous aerobic activity three days a week, or a combination of the two. They should also be doing moderate-to high-intensity muscle-strengthening activities two days a week or more, and kids need to get at least 60 minutes of moderate to vigorous activity every day.

Even simple things like walking to work and taking a stroll through the park can get you started on a safer and healthier lifestyle. You can help the cause and better yourself by just getting up and walking on the AHAs National Walking Day.

Being active doesn't have to be boring! Magellan Midstream Partners invites you to come and take part in Cards for a Cure in support of the AHA and their efforts to end heart disease. Participants will collect different playing cards as they walk while they try their hand at winning prizes.

“Magellan would like to invite all downtown businesses to lace up your tennis shoes and try your luck at the hand of cards,” said Maranda Figueroa, senior director of the AHA Heart Walk. “Four additional stations to receive cards are located along a 2 mile route which also ends at Guthrie Green; prizes are available for the best hands.”

The American Heart Association hopes to see you at all of these events during the month of April. National Walking Day and the Tulsa Heart Walk are great ways to raise awareness of the importance of physical activity regarding heart disease. Get things started by registering for your free toolkit today at [www.heart.org/nationalwalkingday](http://www.heart.org/nationalwalkingday). Be sure to also buy your ticket for Cards for a Cure at [bit.ly/magellancardsforacure](http://bit.ly/magellancardsforacure), and for more information and to register your team for the Tulsa Heart Walk, visit [www.tulsaheartwalk.com](http://www.tulsaheartwalk.com). Connect with the local office through social media by visiting [www.facebook.com/ahatulsa](http://www.facebook.com/ahatulsa) or on Twitter [@ahatulsa](https://twitter.com/ahatulsa).

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### **About the American Heart Association**

*The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. Follow us on [Facebook](#) and [Twitter](#).*