

Oklahomans urged to walk on National Walking Day

Published on NewsOK Modified: April 2, 2014 at 2:26 am • Published: April 2, 2014

OKLAHOMA CITY (AP) — Oklahomans are being urged to lace up their sneakers for National Walking Day. Wednesday's event is sponsored by the American Heart Association.

Shape Your Future is a statewide health initiative funded by the Oklahoma Tobacco Settlement Endowment Trust and the Oklahoma Department of Health and encourages Oklahomans to take steps toward living healthier.

The American Heart Association says one in two men and one in three women are at risk of developing heart disease — which is America's number one killer.

The association says exercising for at least 30 minutes a day and eating healthy foods can greatly reduce the heart disease risk. Shape Your Future and the Wellness Now Coalition urges Oklahomans to take a walk with their family around the neighborhood and create a walking club with friends.