



Please join the Bermuda Heart Foundations 30x30 Challenge

Walkers...*organize a walking group*. Get your friends and family involved!

BF&M is proud to partner with the Bermuda Heart Foundation's 30x30 challenge, a physical activity initiative to fight heart disease and stroke by getting people moving through workplace walking programs. Participating in this program can significantly improve your health.

- According to a Harvard University study, you will gain about two hours of life expectancy for each hour of regular exercise, even if you don't start until middle age.
- Brisk walking for a little as 30 minutes a day can bring heart-health benefits and reduce your risk for stroke by lowering bad cholesterol (LDL) levels and high blood pressure.

From March 16th – May 18th walk at least 3 days a week for 30mins a day for 30 days a total of 10 weeks. The 30x30 challenge aim is to show how simple and effective walking can be for a person's overall health. It's as simple as walking 15 minutes in one direction and then turning around and walking 15 mins back.

Did you know physical inactivity may be as deadly as smoking? Not moving enough may be as hazardous to your health as smoking, a new study shows. The study, which is published in The Lancet, estimates as many as 5.3 million deaths around the world were caused by physical inactivity.

Join the challenge and track your walking days on the LiveWell Platform -

Join.virginpulse.com/bfm

Let's get Bermuda Moving TODAY by joining the 30X30 Challenge. ***Take charge of your health!***

For more information you can follow the Bermuda Heart Foundation on Facebook:
@bermudaheartfoundation or call 441-232-2673