

WALKING

Bring Significant Health Benefits to Body and Mind



How fast should you walk?

According to a study from the Harvard Medical School, you can gain two hours of life expectancy for every one-hour of regular physical exercise. The fact is that as little as 30 minutes of brisk walking most days of the week can bring more than heart-healthy benefits. Research shows that regular walking contributes to your overall health, fitness mood and improves your daily life in important ways at home and at work.

The health benefits of walking are:

- Strengthens your heart
- Reduces high blood pressure and the risk of stroke
- Improve cholesterol
- Strengthens joints and bones
- Helps control weight
- Improves mood and self-esteem
- Contributes to "brain fitness"
- Gives you energy and a good night's rest
- Relieves stress and worry
- Improves balance and circulation
- Boosts immune system
- Delays or prevents major diseases or illness

Walking is for all ages for fun and success!

Studies indicate that one of the best investments a company can make is in the health of its employees. By promoting a culture of physical activity, Corporate America can decrease healthcare costs, increase productivity, and improve the quality of life and longevity among the U.S. workforce. Investment in employee health is free when improved productivity is factored into total costs!

At worksites with physical activity programs, employers have:

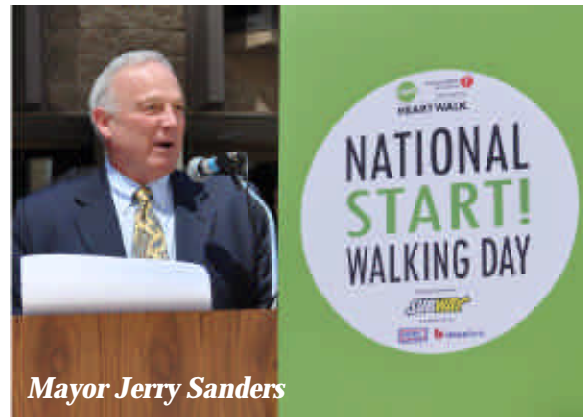
- * Reduced health care costs by 20 to 55%.
- * Reduced short-term sick leave by 6 to 32%.
- * An increased of productivity of 2 to 52%.

Start! Is a national campaign which the American Heart Association promotes the heart-healthy walk as a reminder that physical activity helps to have a workforce that is healthy and productive at all levels of business.

In San Diego Hundreds celebrate American Heart Association's Start! Walking Day. On April 7th, Mayor Jerry Sanders and County Supervisor Greg Cox kicked off the celebration with more than 400 residents of San Diego got the shoes for work, and joined the walk of heart-healthy walk from the American Heart Association, together with Roel Construction®, and Union Bank.

According to Leticia Aguilar, Union Bank Market President, investing in the health of employees is both the right thing to do, and the smart thing to do. "Union Bank's sponsorship of the Start! Campaign has been a tremendous opportunity to show our

To find the best speed, researchers from San Diego State measured energy output as 97 people walked on a treadmill, then translated the participant's speed to a formula we can use. About 100 steps a minute, says lead researcher Simon J. Marshall, Ph.D.



Mayor Jerry Sanders

employees, our customers, and the community that we are serious about creating a healthy workplace, which benefits everyone."

Wayne Hickey, ROEL Construction CEO and chair of the 2010 Start! San Diego Heart Walk has seen firsthand the benefits the Start! Program provides. In fact, ROEL Construction earned Start! Fit Friendly Company recognition in 2009 for its efforts to promote health and wellness in the workplace.

"The goal is to get everyone at the National Start! Walking Day wellness event, both employers and employees, to commit to living a healthier lifestyle by choosing to walk more, eat well and live longer," Hickey said. "We have seen the benefits of this commitment at ROEL Construction, and look forward to seeing them across San Diego as well."

San Diego's Start! Campaign culminates in the Start! San Diego Heart Walk, which will bring together 10,000 walkers. The 2010 Start! Heart Walk is Sunday, September 19, 2010 at Balboa Park. To register and for more information about the Start! Fit-Friendly Companies Program, visit: sdheartwalk.org.

Start to Enjoy the Benefits of Walking from Today!