



**CARDIAC HEALTH** | **WALK®**  
FOUNDATION OF CANADA | **OF LIFE**

### 2015 VIRTUAL WALK ACROSS CANADA

The Cardiac Health Foundation of Canada will be celebrating their 50<sup>th</sup> anniversary by creating a virtual walk across Canada for **WALK OF LIFE** participants for prevention, education and cardiac rehab from 30 different sites as part of the National **WALK OF LIFE** Campaign. To celebrate this milestone, the foundation has collaborated with the World Walking Organization, which is a virtual walking community online. As the walk unfolds across Canada, each cardiac rehab centre will be adding their steps. The GTA **WALK OF LIFE**, will take place on Saturday May 30<sup>th</sup> at the Ontario Science Centre.

- ♥ CVD is the leading cause of morbidity and mortality in the world accounting for 3 out of 10 deaths and an estimated 17.3 million deaths per year worldwide
- ♥ It is recommended to take 10,000 steps per day. **1 km = 1,320 steps**. It is 8,800 km across Canada and if each of our 2,000 Toronto **WALK OF LIFE** participants walks at least 5km, we will have walked across Canada and more!

#### You can join the virtual walk across Canada in THREE easy steps!

1. Download the app “World Walking” on your smart phone (iPhone/Android) or visit [www.worldwalking.org](http://www.worldwalking.org)
2. Register for free and create a profile
  - ♥ Search & join the “Cardiac Health Fdn of CAN: Walk of Life 2015” walk
3. Automatically add your steps for the day using your phone GPS or use a pedometer and manually input them on the app or website

**OR...TO MAKE IT EASY...simply phone or email the number of steps to our office and we will add to our totals. (416 730 8299 ) [info@cardiachealth.ca](mailto:info@cardiachealth.ca)**

- ♥ The virtual map across Canada will have major provincial landmarks and some photography captured by Alex Holton who biked across Canada, in 2011 to raise awareness of CVD disease and promote cardiac rehab
- ♥ As the National **WALK OF LIFE** unfolds you can track the number of steps taken by each cardiac rehab centre at [www.cardiachealth.ca](http://www.cardiachealth.ca)