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Senate of Pennsylvania

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STATE GOVERNMENT

REPLY TO:

TO: All Senators

DATE: March 17, 2011

Christine M. Tartaglione

FROM: Christine M. Tartaglione
State Senator

A handwritten signature in black ink, appearing to read "M. Brubaker".

Michael W. Brubaker
State Senator

SUBJECT: Resolution: "Start! Walking at Work Day"

Regular walking has many proven benefits for an individual's overall health. Brisk walking for 30 minutes a day can lower both bad cholesterol (LDL) levels and high blood pressure.

In fact, the Centers for Disease Control and Prevention estimate that physically active people spend less on direct medical care and live longer, healthier lives.

We will be introducing a Resolution to recognize the American Heart Association's "Start! Walking at Work Day" program. This program will be held on April 6th and urges all citizens to show their support for the fight against heart disease by walking at work.

If you wish to join us in sponsoring this resolution please call Sherry Hess in Senator Tartaglione's office at 787-1141, or by email at shess@pasenate.com.