



Heart Walk®



The Muscatine Fire Department Presents “MFD Heart Walk”

Our very own Muscatine Fire Department and its Firefighters will be participating in the annual AHA Heart Walk. The AHA (American Heart Association) and its staff, volunteers, and researchers continuously supply research, statistics, and promote heart and vascular health.

This year, these Firefighters are going to ask for your help in raising money in support of the AHA Heart Walk.

Our coach this year is Firefighter/Paramedic Colton Pauls. Please follow one of the links below for more information!

<https://www.facebook.com> and search MuscatineFireDepartment or
<http://www2.heart.org/goto/MFDWALK>

“Did you know that cardiovascular disease occurs every 39 seconds and is the No. 1 killer of all Americans? Heart disease also kills more women than all forms of cancer combined. And congenital cardiovascular defects are the most common cause of infant death from birth defects. When you join Heart Walk, you join more than a million people in 300+ cities across America in taking a stand against heart disease and helping save lives!” -American Heart Association

Seven approaches to staying heart healthy: be active, keep a healthy weight, learn about cholesterol, do not smoke or use smokeless tobacco, eat a heart-healthy diet, keep blood pressure healthy, and learn about blood sugar, and diabetes.

