

start!

Start! Making a Change

start!

American Heart Association
Learn and Live

HEART WALK

Presented nationally by:



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HEALTHY CHOICE



WHO:



NDSU's own Heart Survivor, Dr. Denis "Izzy" Isrow is putting out a call on campus for twelve **"\$1,000 Heart Challenge Champions"**

Challengers to Date:

Gary Ligori
Joleen Pederson
Alice Amundson
Dr. Denis "Izzy" Isrow

WHAT:

The \$1,000 Heart Challenge Champions will engage other individuals to collect donations and walk or run at this year's 2008 North Dakota Heart Walk/Fun Run. The walk/fun run is a 5K (3.2 mile) event. Walkers can walk all 3.2 miles or turn around at the 1 mile turnaround spot. The Heart Challenge Champions will represent NDSU at this year's event and work to get a team together to raise \$1,000.

WHEN:

Sign up before Friday, May 9th and be a part of this great effort. Then work to get your team together to participate in the run/walk event on Thursday, August 14, 2008. Registration begins at 5:00 p.m., Fun Run begins at 5:30 p.m., and Walk begins at 6:00p.m.

WHERE:

A walk/run location in Fargo, ND to be announced, but most likely will happen on the NDSU campus. Informational brochures will be provided to help you navigate the variety of booths, complementary food and beverages, and educational activities available at the park.

WHY:

Come out to support the North Dakota Heart Walk Executive Leadership Committee Member and heart survivor Dr. Denis "Izzy" Isrow. Then, we can all walk together to fight heart disease and stroke, America's #1 and #3 killer. The funds raised help support lifesaving research, programs, advocacy and education. The American Heart Association currently has \$700,000 committed to heart research in North Dakota, including ongoing research here at NDSU. Walking and physical exercise is a crucial step toward a heart-healthy lifestyle. The event celebrates and honors survivors of heart attack, heart surgery and stroke.

HOW:

The Heart Walk is both a fund-raiser and an educational event. Heart Challenge Champions will get a team of walkers together who will then go out and ask their friends, family and co-workers for a monetary donation for participating in the event. Participants become eligible to earn prizes based upon dollars they collect. *It's easy and it's fun!*
Call or email Dr. Denis "Izzy" Isrow today at Denis.Isrow@ndsu.edu or (701) 231-7463 or go to <http://heartwalk.kintera.org/northdakota> about this important life-saving event.