

## Walk With a Doc

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MAY 01, 2010

Denver, CO — Believe it or not, something as simple as walking 30 minutes a day can reduce your risk of heart attack, lung disease, cancer and diabetes. National Jewish Health wants to help you start walking regularly with [a free monthly program called "Walk with a Doc."](#) At the walks, a National Jewish Health physician will lead a 10-minute discussion about an important health topic, then lead an easy 1-mile walk while answering participants' health questions. The first Walk with a Doc will be Saturday, May 22 at 8 am at [Falcon Park in Highlands Ranch](#). You need Flash to view this video. [Watch the video on YouTube.](#)

"We want to help people develop a habit of regular exercise. Research has shown that you can gain two hours of life for each hour of regular exercise," said National Jewish Health cardiologist [Andrew Freeman](#), MD. "Walk with a Doc gives people an opportunity to get some exercise and to ask experts their questions in an informal setting."

At the first Walk with a Doc, Dr. Freeman will discuss, "High Blood Pressure: The Silent Killer." Each walker will receive free pedometers, blood pressure checks and snacks. The walk is open to all ages.

According to the American Heart Association, walking has the lowest dropout rate of any physical activity.

The American College of Cardiology - Colorado Chapter, South Denver Cardiology Associates and Pepsi are sponsors for the event.

**National Jewish Health** is known worldwide for treatment of patients with respiratory, cardiac, immune and related disorders, and for groundbreaking medical research. Founded in 1899 as a nonprofit hospital, National Jewish remains the only facility in the world dedicated exclusively to these disorders. Since 1998, U.S. News & World Report has ranked National Jewish the #1 respiratory hospital in the nation.

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National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the media resources page.

## Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

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