MAYORS THROUGHOUT THE U.S. ARE PARTNERING WITH THE NATIONAL FORUM FOR HEART DISEASE & STROKE PREVENTION TO IMPROVE AMERICANS’ HEART HEALTH.

Move with the Mayor™ is a campaign that works with mayors across the country to challenge their communities to be more physically active. Mayors encourage their citizens to take literal steps to improve their health by walking since it is one of the easiest ways to lower one’s chances of heart disease and its risk factors, like high cholesterol, high blood pressure, and diabetes.

18 U.S. CITIES

Akron, OH  Elyria, OH
Albuquerque, NM  Findlay, OH
Alexandria, VA  Green Bay, WI
Baton Rouge, LA  Grove City, OH
Beavercreek, OH  Lancaster, OH
Columbia, SC  Los Angeles, CA
Columbus, OH  Toledo, OH
Cuyahoga Falls, OH  West Chicago, IL
Dayton, OH  Youngstown, OH

The National Forum for Heart Disease & Stroke Prevention is a non-profit organization with 100 members from the private and public sectors. It leads collaborative action to improve cardiovascular health. The National Forum is a member of the USCM Mayors Business Council.
To get your city involved contact John Clymer, Executive Director.

CALL/TEXT  (202) 903-7303

EMAIL  john.clymer@nationalforum.org

Mayor Christina Muryn leads community members through the city during one of her 8 walks she hosted in September and October.

Columbia, SC Mayor Steve Benjamin leads downtown workers and residents on a Move with the Mayor walk to promote healthy hearts through active lifestyles.

Baton Rouge residents tell Mayor Sharon Weston Broome that they have become more active because of her example.

EASY TO IMPLEMENT!

Move with the Mayor™ Benefits
• Increase employee and community engagement
• Prevent heart disease, stroke, diabetes and obesity
• Stabilize city’s health care costs*
• Recognition for answering the Surgeon General’s Call to Action to Promote Walking and Walkable Communities
• Technical support/assistance to implement MWTM provided by the National Forum at no charge

* For example, the City of Green Bay decreased its hospitalization costs by 18.8% between 2015-2017. Results will vary by city.

Mayors are asked to commit to:
• Lead 30-minute walks (weekly or monthly) to raise awareness about the heart health benefits of walking

“We can have an even greater impact when mayors all over the country, in their own little ways, in their own communities, cities, and villages get engaged and get involved.”

Mayor Andrew Ginther
Columbus, OH

“Walking is one of the easiest ways to lower one’s chances of heart disease and its risk factors, & if you do it with your friends and coworkers, it can also be a lot of fun. I am very excited to host Move with the Mayor in Oakland & invite our community to join me in taking literal steps to improve their health.”

Mayor Libby Schaaf
Oakland, CA

NATIONAL FORUM
FOR HEART DISEASE & STROKE PREVENTION