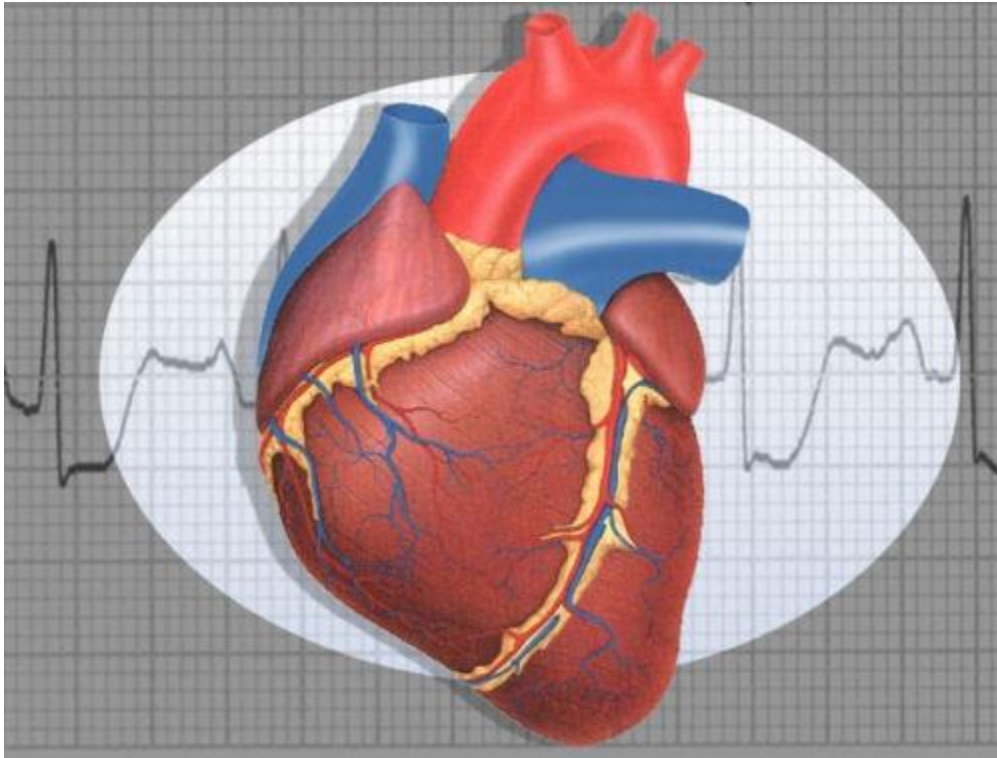


The American Heart Association's Annual Big Bend Heart Walk

By: The American Heart Association

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The American Heart Association Press Release

The American Heart Association's annual Big Bend Heart Walk will attract thousands of community members on Saturday, September 28, 2013 who will embark on a non-competitive three mile journey to a healthier lifestyle and help raise lifesaving funds for heart disease and stroke research at Tom Brown Park.

Bob Gabordi, executive editor, Tallahassee Democrat, has been named chairman of the community-wide event. As chairman, Gabordi will lead the charge of bringing the Big Bend community together in the fight against heart disease and stroke. Gabordi will also spearhead the fundraising efforts for the Heart Walk, which is expected to draw more than 3,000 participants and raise an estimated \$265,000 to fund research, education and community programs in the Big Bend Area. Currently, more than 70 percent of Americans are not getting enough physical activity, a leading risk factor for heart disease and stroke.

In his role, Gabordi, who has a family history and personal experience with cardiovascular diseases, is also committed to raising awareness levels surrounding heart disease and stroke, the No. 1 and No. 4 leading killers, respectively, of American men and women.

"My father died from cardiovascular disease after a series of by-pass operations and heart attacks," Gabordi said. "Seven years ago, because my doc was on top of my family history and alert to my risks, he had me take a stress test. That resulted in the discovery of blockage that resulted in the implant of two stents, but no damage to my heart.

"I'm committed to helping the American Heart Association as it supports Florida State University's School of Medicine and local medical professionals that serve our community. I want to help them bring attention to the fight - to help them equip others to better fight - against this killer. I'm exercising, walking and feeling great. I'm looking forward to having grandchildren and watching them grow up, thanks to my doctors. I want everyone in our community to have that chance."

To encourage others, Gabordi is creating a virtual Walk Club on Tallahassee.com and Facebook. He has committed to walking 750 miles this year and will log his hours of walking and journal his walking experiences. More on this will be announced shortly. "We can do this together as a community in the Big Bend. We can walk together now and walk together for the American Heart Association September 28th," he said.

The Big Bend Heart Walk event is the American Heart Association's "mission in action" to prevent death from cardiovascular diseases and stroke, and generate excitement for a new or renewed commitment to heart-healthy living through walking and eating well.

For further information about the Big Bend Heart Walk, call 1.800.257.6941 ext.6092 or visit bigbendheartwalk.org

Local sponsors of the Big Bend Heart Walk are Capital Health Plan and National sponsors are SUBWAY® and Jenny Craig®.