



Top 10 Reasons to Walk 'n' Run with Dads on Fathers Day at the "Fathers' Day 5k – "Celebration of Active Generations"

By Charities Challenge Coach

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1. **Heart disease is the #1 risk of premature death among men.**
2. **The Good News: Regular RxExercise (exercise understood and practiced as a prescription) is a proven, powerful protection against heart disease.**
3. RxExercise is also a powerful therapy in the management of cardio-vascular diseases (CVD) for many at risk for the many challenges and complications of CVD.
4. **But most Dads report they lack time for their own RxExercise and often feel over-stressed.**
5. Yet regular RxExercise, a brisk walk or run, is also a proven, low-cost, irreplaceably effective stress management therapy.
6. RxExercise is more likely to be regularly filled by those individuals who have someone caring enough to help support their healthful exercises, like fitness walking or running, by active, participatory encouragement of walking or running alongside.
7. Research has found that **Dads who exercise are more likely to have children who exercise.**
8. Therefore, Charities Challenge will lead in an annual "Celebration of Generations" of Active-Fit Families led by healthfully active Dads and GrandDads on Fathers Day as part of CC's ongoing, year-round RxExercise Leadership Programs & Events. **Fathers Day will include special recognition and awards to Dads who are making an RxExercise difference in their own lives as well as the lives of their happier-healthier families.**
9. Come to Como Lake on Fathers Day to **Celebrate Dads' RxExercise leadership to their families and our communities.**
10. And, come to **encourage all men to be happily-healthfully active, joining in fitness walking or running, thereby making the most immediate, and most lasting, contribution to men's health by celebrating, supporting and sharing in their RxExercise.**

Executive Summary: *There is No Cure for All the Ills Associated with Lack of Exercise.*