

# Track Your Health, Get Rewarded.

## Are You Ready, Feet?



Everyone can be physically active - any time, any place. The more you move, the healthier you'll become. Get rewarded for your healthy habits by logging minutes moved, miles traveled or steps walked at [www.LIHealthCollab.org](http://www.LIHealthCollab.org) and be entered to win prizes!

### What can your feet do for you?

- ☼ Maintain your blood pressure
- ☼ Maintain a healthy weight
- ☼ Maintain steady blood sugar levels
- ☼ Promote emotional stability and reduce stress

### Time to ask, Are You Ready, Feet?



# Chronic Disease Stats

Chronic disease is the leading cause of death and disability in the United States.

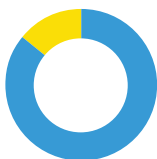
**But it is highly preventable.**



**1** IN **2**  
EVERY  
adult Americans suffer  
from a chronic disease



**7** IN **10**  
Americans die  
from chronic diseases



**86%**  
of U.S. healthcare costs are  
attributed to chronic disease

Chronic diseases are

✓ Common

✓ Costly

✓ **Often Preventable**

SOURCE: [www.CDC.gov/ChronicDisease](http://www.CDC.gov/ChronicDisease)

**Help eliminate these statistics.** Become part of this groundbreaking initiative that is integral in shaping the delivery of healthcare on Long Island for generations to come. Join your neighbors, friends, family members, and co-workers in **walking and moving toward better health.**

Talk to your doctor before beginning any fitness programs.

**The Long Island Health Collaborative** is a partnership of Long Island's hospitals, county health departments, health providers, community-based social and human service organizations, academic institutions, health plans, local government, and the business sector engaged in improving the health of all Long Islanders.

Sponsored by the Long Island Population Health Improvement Program.

