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 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 every 2 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

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.