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For Immediate Release:
February 4, 2009
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Senator Robin Wright-Jones Participates in **Go Red** Campaign

American Heart Association's Go Red Day Held at the Capitol

JEFFERSON CITY – State lawmakers and staff in the Capitol today participated in a national campaign to help raise awareness and lower risks for men and women against cardiovascular disease.

Since 1924, the American Heart Association has worked to bring attention to this critical issue. This voluntary health organization strives to help educate individuals about heart disease and inform citizens how to increase their chance at living longer and healthier lives.

According to the American Heart Association, one in three women die of heart disease each year. In fact, a woman dies of heart disease at the rate of almost one per minute. However, this number 1 killer of women is largely preventable.

“By participating in this campaign, I’m educating myself and those around me in order to change this staggering statistic,” Sen. Wright-Jones said. “Our family, friends and neighbors don’t have to be another number. I want to encourage people in our state to make healthy choices and take action to reduce their risk of heart disease.”

Making simple, healthy choices can dramatically reduce the risk of heart disease. The higher your blood pressure and cholesterol, the greater the risk of heart disease. And those who have diabetes or are obese are more likely to have a stroke or develop heart disease.

Next time you’re trying to decide what to have for dinner, opt for baked, not fried foods. Quit smoking and increase your daily physical activity — instead of taking the elevator, take the stairs.

“By Going Red, I have made a charge to lead a healthier life,” Sen. Wright-Jones said. “I hope you’ll be inspired to do the same.”

For more information about the American Heart Association’s **Go Red** Campaign, visit www.GoRedForWomen.org.

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Sen. Wright-Jones presents a resolution alongside her House colleague to members of the American Heart Association who participated in the Go Red Campaign at the Capitol.

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