[ORGANIZATION’S LOGO]

FOR IMMEDIATE RELEASE FOR MORE INFORMATION:

[MEDIA CONTACT]

[ORGANIZING GROUP CONTACT PHONE AND EMAIL]

[Hospital or Clinic Name]

Walk with a Doc: (614) 714-0407

or contact@walkwithadoc.org

**[ORGANIZATION] Launches Walk with a Doc**

**Program in [CITY]**

**Heart Healthy Avocados Integrated into Nutrition Chats**

**to Demonstrate a Way to Make Swapping Good Fats for Bad Fats Easier**

[City, State] –– [Date] [HOSPITAL, CLINIC, PARK, CITY] is encouraging [CITY] residents to take a step toward better health with Walk with a Doc, a health program that brings doctors and patients together to walk every [DATE] at [TIME] at [LOCATION].

Walk with a Doc is an international non-profit organization whose mission is to inspire communities through movement and conversation. In partnership with Fresh Avocados – Love One Today,®Walk with a Doc promotes physical activity and stepping up awareness about healthy eating to help improve the heart health of the nation.

 “This program has had tremendous participation and success in hundreds of cities around the world,” said [doctor]. “I’m very pleased to bring this exciting and simple program to [CITY] as it has shown such improved health results for countless people around the country.”

The Walk is open to the community. Participation is free and pre-registration is not required. Walkers will enjoy a refreshing and rejuvenating walk with [DOCTOR] and other healthcare professionals, who will provide support to participants and answer questions about exercise and nutrition during the Walk.

“Walk with a Doc is honored to team up with [HOSPITAL, CLINIC, PARK, CITY]. By incorporating this program into the practice, [HOSPITAL, CLINIC, PARK, CITY] is demonstrating an exceptional level of care and commitment to their community,” said Dr. David Sabgir, founder of Walk with a Doc. “Adding ten minutes of walking to your daily routine and swapping out bad fats with good fats at mealtime are examples of small, easy changes that can make a big difference in the health of your heart. In particular, this year we are highlighting how eating more heart healthy avocados is one of many ways to step up fresh fruit intake and promote healthier living.”

Why walk?

“Increasing exercise, even moderately, may help reduce the risks of many diseases, including coronary heart disease and Type 2 diabetes,” said [DOCTOR]. “Per the CDC,

adding 10 minutes of physical activity a day, like from walking, is a small change that can make a big difference.1 We are excited to join Walk with a Doc and help our community more easily find opportunities for physical activity.”

The CDC estimates about 80 percent of premature cases of heart disease and stroke are preventable and encourages changes like stepping up physical activity or eating a heart healthy diet. Further, the American Heart Association estimates that if Americans ate the recommended amounts of fruits and vegetables every day, nearly 40,000 deaths would be prevented from cardiovascular diseases, stroke and diabetes each year. Avocados are a heart-healthy fruit. They provide naturally good fats, are low in saturated fat and are cholesterol-, sugar- and sodium-free.

[CITY] joins a growing list of communities worldwide that have started local Walk with a Doc (WWAD) programs. WWAD was started by Dr. David Sabgir, a cardiologist in Columbus, OH. He has walked with patients and community members every weekend since 2005.

Learn more about Walk with a Doc at [www.walkwithadoc.org](http://www.walkwithadoc.org) and [LoveOneToday.com/walk](http://bit.ly/36NNYjM)

1. Source: [Centers for Disease Control](https://www.cdc.gov/vitalsigns/million-hearts/index.html)

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**About [Clinic or Hospital or Medical Practice]:**

**About Walk with a Doc:** WWAD is a non-profit organization that inspires communities through movement and conversation. By focusing on sustainability and simplicity, Walk with a Doc an easily be implemented by doctors across the country and around the world.  Walk with a Doc has more than 520 chapters worldwide with thousands committing to a healthy lifestyle. To learn more, visit [www.walkwithadoc.org](http://www.walkwithadoc.org) or follow WWAD on [Facebook](https://www.facebook.com/walkwithadoc/), [Twitter](https://twitter.com/walkwithadoc), [Instagram](https://www.instagram.com/walkwithadoc/) and [YouTube](https://www.youtube.com/walkwithadoc).

**About the Hass Avocado Board and Love One Today**

The Hass Avocado Board (HAB) is an agricultural promotion group formed by domestic producers and importers to promote consumption of fresh Hass avocados in the U.S. HAB exists to help make avocados America’s most popular fruit and conducts educational campaigns and funds nutrition research under the supervision of the United States Department of Agriculture. Love One Today® is HAB’s ongoing, science-based

program designed to build awareness of the many health benefits of eating fresh avocados. For more information, visit [www.LoveOneToday.com](http://www.LoveOneToday.com) or follow HAB on [Facebook](https://www.facebook.com/loveonetoday/), [Twitter](https://twitter.com/loveonetoday), [Pinterest](https://www.pinterest.com/loveonetoday/), [Instagram](https://www.instagram.com/loveonetoday/) and [YouTube](https://www.youtube.com/user/hassavocadoboard).