

HEALTHWISE

Getting In Step With A Train To End Stroke Program

(NAPSA)—By training to compete in a full or half marathon, runners can do well for themselves and a lot of good for others.

The American Stroke Association, a division of the American Heart Association, is recruiting people to train for a marathon while raising funds for America's third leading cause of death...stroke. Anyone 18 and older can participate in Train To End Stroke, a marathon team-training program benefiting the American Stroke Association. While training for four to five months with an experienced coach, participants will also raise funds for the Association's education programs and research.

Those who reach the assigned fundraising goal will receive complimentary airfare, hotel accommodations, ground transportation and entry fee to a marathon in a fabulous location. In addition, all participants will enjoy a pre-marathon pasta party and post-marathon victory party.

Stroke is not only the nation's third leading cause of death, it is one of the leading causes of long-term disability in adults. By taking part in Train To End Stroke, runners and walkers will participate in honor of a "Stroke Hero," someone who has experienced a stroke. The "Stroke Hero" can be someone you know or a stroke survivor's name will be made available through the American Stroke Association.

Previous marathon experience is not required. Interested runners and walkers can attend information sessions and register at participating American Heart Association



Train To End Stroke is a program to educate people about their risk of stroke and help them make healthy, life-changing decisions.

and American Stroke Association sites across the nation. For a list of cities where you can register and more information about Train To End Stroke or stroke, call toll-free 1-888-4-STROKE or visit www.StrokeAssociation.org.

Signs of a Stroke

Watch for the following warning signs of a stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body;
- Sudden confusion, trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, loss of balance or coordination; and
- Sudden severe headache with no known cause.

If you or someone you know experience any of these symptoms, call 9-1-1 immediately!