



HEALTH AWARENESS

Lose Weight And Save Lives

(NAPSA)—According to the American Cancer Society, over 240,000 women in the U.S. will be diagnosed with breast cancer in 2007, and over 40,000 will die from the disease. Men can get breast cancer, too. However, studies also indicate that moderate physical activity reduces the risk of cancer. Activity as simple as a regular walking program may lead to weight loss and, if tied to training for a charitable cause, can help save lives as well.

In 2006, Deana Fumando, 27, committed her time and energy to training for her first Avon Walk for Breast Cancer, one of a series of annual noncompetitive walks which offer the choice of walking a marathon or a marathon and a half over a weekend to raise funds and awareness to fight breast cancer. As soon as Fumando signed up for the Walk, she received training materials and was assigned a “Walker Buddy” to help with her training and fundraising program. Fumando diligently followed her personalized program and found that as she trained for a good cause, she began to feel more fit and lose weight, and ended up 10 pounds lighter.

“Through training for the Avon Walk, I not only lost 10 pounds, but participated in an event that literally helps save lives,” Fumando says. “This is definitely a win-win situation.”

In 2007, Fumando will once again participate in one of the annual Avon Walk for Breast Cancer events with her team, “The Next Generation,” whose motto is “All You Have to Lose Is a Pant Size.”

The Avon Foundation, a 501(c)(3) public charity that pro-



Avon Walk participants, such as Deana Fumando, have the chance to lose weight and help save lives.

duces the Avon Walk series, has heard stories of walkers who’ve lost 15, 20, even 30 pounds during their training regimes. While not everyone who walks loses weight, training for the Walk helps develop a healthy physical regimen that often lasts long after the event.

Fumando is one of more than 55,000 people who participated in the Avon Walk for Breast Cancer series from 2003-2006, and the 2007 series is breaking records for participation and fundraising. Funds raised are distributed through the Avon Foundation to organizations to advance access to care and finding a cure for breast cancer, with a special focus on the medically underserved, including low-income, elderly, the under- or uninsured and minority women. To learn more or register, visit www.avonwalk.org or call 800-510-WALK. Remember: Early detection helps save lives. Get your mammogram and spread the word.