

From the Desk of the Chancellor

World Heart Walk

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Sept. 30, 2014

by Charles R. Bantz

Basking in midday sunshine and ideal temperatures, I joined 300 friends and colleagues for a lunchtime walk Monday. It was in celebration of World Heart Walk Day, which recognizes that heart disease is the No. 1 cause of death and teaches that walking even 2,000 steps a day can improve heart health.

I appreciate the spirited IUPUI staff, faculty, students, alumni and friends who joined in the walk from Wood Plaza Fountain on campus to Monument Circle. Congratulations to the campus organizers -- led by Fairbanks School of Public Health Dean Paul Halverson, who brought together a great team of partners -- including the School of Physical Education and Tourism Management, the School of Health and Rehabilitation Sciences, the School of Liberal Arts, the School of Social Work, the School of Science and others.

The mile-long walk was designed to dramatize the incredible risks of heart-related illnesses and the relative simplicity of what all of us can do to significantly reduce them.

Walking offers the great advantage of requiring no skill or practice. The only equipment you need is a good pair of shoes. You can walk outdoors or indoors (at the mall, health club, etc.). And walking is among the safest exercise options because of its low risk of injury.

At IUPUI, we can't be satisfied with Indiana ranking No. 41 of 50 states in overall health.

IUPUI is the premier urban research university in the state, with the second-largest medical school in the U.S. and the largest nursing program. But with all the breakthrough research for care and cures, old-fashioned individual responsibility remains critical to longer, healthier lives.

It doesn't matter how long it's been since you exercised regularly, benefits start when you do. Monday's beautiful walk added more than 4,000 steps to my day, and it was great. So don't procrastinate. Take major strides toward better living and start taking your health to the next level -- one step at a time!

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