



MOVE

WITH THE

MAYOR™

Mayor Rod Craig & Hanover Park Earn Recognition for Heart Disease & Stroke Prevention Efforts

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Efforts led by the Mayor and Village Recognized in Challenge to Boost Physical Activity & Cardiovascular Health

Hanover Park, Illinois- Mayor Craig and Hanover Park joined more than 25 other mayors across the U.S. in “Move with the Mayor™” a nationwide initiative to reduce heart disease and stroke, the nation’s No. 1 killer, by encouraging residents to get up and get moving. In addition to promoting health and physical activity, mayors also completed the Move with the Mayor/Step it Up! Success Roadmap, which helps cities identify and strengthen programs and policies and improve health and encourage people to live healthy, active lifestyles.

Each participating city was encouraged to work with members of public health, parks & rec, school district and city employee health departments in completing the Roadmap.

This year marks Mayor Craig’s second year participating in “Move with the Mayor™.”

“Being physically active is good for overall health, including reducing the risk of heart disease and stroke,” said Mayor Craig. “I am proud of our Village’s efforts that help address those risk factors and make living a healthier life easier. And I’m committed to helping to continue to maintain and expand those efforts.”

““To prevent cardiovascular disease takes people and the communities working together,” said John M. Clymer, executive director of the National Forum for Heart Disease & Stroke Prevention. “Sitting less and moving more is a key to better health, and it is great to have Mayor Craig leading the way, and being an advocate for healthier, active lifestyles.”

ABOUT MOVE WITH THE MAYOR™

Move with the Mayor (MTWM) is an initiative developed by the National Forum for Heart Disease & Stroke Prevention (www.nationalforum.org), an independent non-profit, 501(c) (3), voluntary health organization. MWTM works with mayors across the country to encourage active, healthy living; lead on programs, policies, and infrastructure; and promote blood pressure control, COVID-19 vaccination, and flu vaccination. To learn more, visit <http://bit.do/mwmtm>.