American Heart Association Announces 2013 Show Us Your Moves Initiative

DALLAS (April XX, 2013) – The American Heart Association (AHA) recently announced its 2013 Show Us Your Moves campaign, a month-long initiative that encourages all Americans, including longtime AHA supporter Brent Warr, to get up and move. During the month of April, the AHA is encouraging individuals to engage in at least 150 minutes of moderate physical activity each week, whether it be walking, dancing, or roller skating.

The Centers for Disease Control and Prevention ranks heart disease as the number-one cause of death in the United States, with an estimated 26.5 million adults diagnosed with the condition. Initiatives like Show Us Your Moves help individuals get moving, get fit, and reduce their risk of heart disease.

Established in 1924, the AHA is dedicated to providing information and resources for the prevention and treatment of heart disease.

Brent Warr, owner and founder of Warr Properties, is a longtime advocate of the American Heart Association. In addition to the AHA, Brent Warr actively supports Gulf Coast Community Ministries. He is the former mayor of Gulfport, Mississippi.