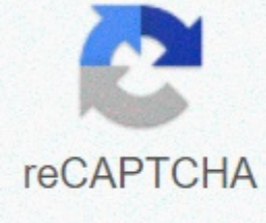




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## Country walkers 2020

We're 1ing together for World Cancer Day to raise money to help beat cancer. Cancer is dear to many of our hearts and we want to put ourselves in a worthy challenge that everyone can participate in and help raise money for this worthy cause. The challenge will take place from 4 to 18 February and we will accept donations until the end of March. Cancer is happening right now, which is why we're raising money right now for Cancer Research UK. There's no time to waste! Donate today and help carry on the day all tumors are treated. Donating through these pages is simple, fast and totally safe. Your data is safe with Cancer Research UK. Page 2 You will need Javascript enabled in your browser to donate or edit your Giving page. How to enable Javascript in your browser You can also make a donation to Cancer Research UK by visiting one of our stores or calling our call center 0300 1234452. Lines are open Monday to Friday from 8am to 6pm. Herschel Walker has been appointed co-chair of the President's Council on Sports, Fitness & Nutrition. Herschel Walker was born on March 3, 1962, in Wrightsville, Georgia to his parents, Willis and Christine Walker. Walker is President and Ceo of H. Walker Enterprises, LLC (HWE) and Renaissance Man Food Services, LLC (RMFS), a certified minority corporate company that supplies poultry, pork, and baked goods to the food and retail services market. In addition, Herschel also provides food service products to national and business accounts. Custom bedding, solar curtains, and curtains are sold to the hospitality industry, with rewards and promotional products available for corporate programs through H. Walker Enterprises, LLC. Herschel's brands are based on Walker's unparalleled reputation, customer focus, and product innovation. Walker has a long history of commitment to exercise and fitness. During his high school years, he led both his football team and his track and field team to the state championships. In 1980, Walker participated in the Academy of Achievement program as a valedictorian of his class. In 1981, he became the first Academy of Achievement honor student to return to the annual program as a Golden Plate Award winner. Walker's collegiate football career is legendary. As a freshman at the University of Georgia, Walker's performance helped clinch the 1980 national football title. He won all-American honors for three consecutive years in both football and track & field, set numerous NCAA and SEC records, and ended a sensational college career earning, in his final year, 1982 Trophies. In 1983, Walker gave up his final year of collegiate eligibility and turned professional. During his 15-year career in professional football, Walker set the standing, single-season and pro-season record of 2,411 yards; lead the NFL in in gained more total yards than anyone else in the history of professional football; and received numerous all-pro and pro bowl honors. In addition, Walker held a world record in the 60-yard run, participated in the 1992 Winter Olympics to 2 men on the U.S. bobsleigh team, is a fifth-degree black belt at Tae Kwon Do. In 2002 he was voted into the Collegiate Football Hall of Fame and in 2015 he was selected as the greatest college football player in the last half century. In September 2009, Herschel signed to compete in Mixed Marital Arts (MMA) with Strikeforce (now UFC) to compete in their heavyweight division. Walker trained at the American Kickboxing Academy in San Jose, California. In his first MMA debut on January 30, 2010, Herschel defeated his opponent by technical knockout. On January 29, 2011, he also defeated his second opponent by technical knockout. Throughout his career, Walker has established a reputation for honesty and diligence, a sincere commitment to the community, and an unsurpassed passion for excellence. He applied these same principles of success to his food business, founded in 2002. Through Walker's leadership and personal engagement, his brands have become fast-growing food service lines for major hotel chains, the U.S. Military, various schools and retail chains, and concession organizations. Recognized by its customers for excellence, RMFS has been recognized by SYSCO Corporation as the Top 100 Supplier for every year since 2004, reaching Silver Status (Top 40) in 2009. RMFS received the Silver Heritage Diversity Award in 2004, the Bronze Diversity Award in 2005, and the Gold Diversity Award in June 2013. Herschel also visits military bases each month in partnership with the Patriot Support Program developed in conjunction with Universal Health Services, Inc., the nation's largest behavioral health hospital. The program is dedicated to the men and women of our nation's military service and help in areas of behavioral health. In addition to her corporate schedule, Herschel competed on The Apprentice and also competed in The Food Network's Rachael vs Guy: Celebrity Cook-Off which she won. In 2017, Herschel was inducted into the International Sports Hall of Fame and was also awarded the Doak Walker Legends Award. Walker is also known for his presentations and speeches, where he shares inspiring leadership lessons he has learned about teamwork, setting goals, perseverance, initiative, preparing, discipline, and overcoming obstacles. Herschel is thrilled to be a member of the President's Council on Sports Fitness and Nutrition, as he has been a long-time supporter and supporter promotion of active lifestyles every day for our young people and adults. For the past 18 consecutive years, Herschel has been president of National Health Through Fitness Day activities, which brings hundreds of supporters Hill to meet with members of Congress and discuss the importance of physical activities and physical education. Do you ever want to elbow slow walkers as you pass them on your way to work? (No one else has a place to go?) You're not only impatient: you're also safeguarding your health by embracing it, new research suggests. Slow Down Prostate Cancer Men with prostate cancer walking at a rate of at least 3 miles per hour for a total of 3 hours a week had a 57% lower risk of their cancer getting worse than men walking at a slower rate for less than 3 hours a week. (Researchers took into account the time difference and still found that walking faster meant better prostate cancer results.) Walking drastically lowers insulin production, which is known to promote the growth of cancer cells, says lead study author Erin Richman, Sc.D., postdoctoral fellow at the University of California San Francisco. Walking or running at higher speeds would have even more benefit. (Read more: I want my prostate back) Increase your lifespan An increase in walking speed of just 0.2 miles per hour has been associated with a 10% increased lifespan for 10 years, finds a recent review published in the Journal of the American Medical Association. Sure, those who walk faster may be healthier in the first place, but researchers note that improving walking speed can lengthen your life, no matter how slow or fast you started. Researchers are currently studying this effect in middle-aged adults and suspect a similar association. Walking speed is an indicator of overall health and should be tested just like blood pressure, says lead author Stephanie Studenski, M.D., and a researcher at the University of Pittsburgh. (Read more: The end of aging) Reducing the risk of Alzheimer Walking 6 miles a week has reduced the risk of Alzheimer's disease by 50% over 5 years, according to a recent study published in Neurology. The study followed older adults, but younger boys can also walk to keep their brains sharp. Walking increases blood flow to the brain, which increases oxygen and keeps neurons healthy, says Cyrus Raji, M.D., Ph.D., a professor at the University of Pittsburgh and co-author of the study. (Do you prefer to go fast? Read how running improves brain power here.) Want other ways to fight cancer, improve your brain power and increase your lifespan? Try these health tips to live stronger and stronger. And take a look at 8 steps prevent prostate cancer. Get Men's Health News delivered to you every day. Sign up for the FREE Daily Dose newsletter! This content is created and managed by third parties and imported into this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io How to tell if your child simply learning at its own pace, or if not walking is a sign of a bigger problem Any worries today? I ask my father, heating my stethoscope so that my young patient Matthew is not surprised by the cold metal. No, dad tells me, sliding a fleece away from his son. It was pretty healthy. The only thing is, he's not showing too much interest in cheering himself up. He's 13 months old and he still likes to wander around on his butt! I mean, I didn't start walking late, but her mother's worried. A year marks the age at which most parents of children who do not walk yet begin to worry. Children with adequate gross motor development can actually be later hikers. Not all children walk in the first year, says Penny Glass, Ph.D., a developmental psychologist and director of the Child Development Program in the Division of Behavioral Medicine, Department of Psychiatry & Behavioral Sciences at Children's National Medical Center in Washington, D.C. Most children walk or are trying to do so within 15 months, but 18 months can still be considered the upper limit than normal. How can a parent distinguish between a late walker and a child with a gross motor delay? Dr. Glass says it is important to consider the personality, strength, general muscle tone and interest of the child. If a child shows no interest in motor activities, they may have problems with motor skills. In other words, a child who even tries to get on a stand and try to walk is less likely to be late. See the overall muscle tone and quality of movement, Adds Dr. Glass. Signs of severe engine delays will occur during childhood. In general, children should have good head control about 4 months of age and remain upright when placed in a sitting position of about 7 or 8 months. Most children begin some form of crawling by 9 months. If children are meeting these milestones but are late to start walking, this is less troubling, says Dr. Glass. It is also important to take into account your child's personality or temperament. Some children are curious observers; others are more active, physically exploring their environment. Children who have advanced social and engaging skills may be later hikers because they are more interested in looking at the world around them and are more cautious in the realm of motor development. What can parents do? You can encourage walking skills by sitting on the floor and letting your child try to pull themselves up to be surrounded by your arms for safety, says Dr. Glass. it is an opportunity for him to practice first by standing to get the balance necessary to stay without support and then walk. Your admiration is a reward in itself for your child. Copyright © 2014 Meredith Corporation. All content on this website, including medical opinion and any other health-related information, is for informational purposes only and should not be considered be a specific diagnosis or treatment plan for any individual situation. The use of this site and the information contained in this document do not create a doctor-patient relationship. Always seek the direct advice of your doctor in relation to any questions or problems you may have regarding your health or the health of others. Other.

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