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WALK OF LIFE®
WALK • RUN • CYCLE

FREE
Heart Healthy Breakfast
Family Fun & Live Entertainment
Medals, Prizes & More
Kids Under 12
Dogs are welcome
Shuttle from TTC
Parking
T-shirt

NEW FOR 2012

REGISTRATION AT WALKOFLIFE.CA OR CALL 416.730.8299

Sunday May 27, 2012 9:30 am to 12:30 pm
Evergreen Brick Works and Parklands
3 KM AND 5 KM WALK • 5 KM RUN • 10KM CYCLE

CARDIAC HEALTH FOUNDATION OF CANADA
Prevention, Education & Cardiac Rehabilitation

TRIDEL®

MIKEY
MIKEYNETWORK.COM

ROGERS

TRIDEL®

Inno-Vite
Your Journey to Wellness

THE BRAND FACTORY®

Canada Life

London Life

ATPH
THE PRINTING HOUSE

STRONGER COMMUNITIES TOGETHER™

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HEALTHY LIFESTYLES

Active Green + Ross
COMPLETE FIRE & AUTO CENTRE

smart
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CROWN

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INDIVIDUAL INCENTIVE PRIZES

\$4,000 OR MORE
Samsung Galaxy Tab™ 10.1
(donated by Rogers Communications)

\$2,000 OR MORE
iPod Nano with Multi-Touch
(donated by Heathwood Homes)

\$1,000 OR MORE
Gift Certificate of \$75 for organic meats
(donated by Beretta Farms)

\$500 OR MORE
Executive Pen with 4 GB Flash Drive
(donated by Bank of Montreal)

\$250 OR MORE
Personal Water-Filtering Bottle to remove contaminants-BPA free
(donated by Tridel Corporation)

Prizes will be awarded on the basis of donations submitted. To be eligible for team and incentive prizes, you must submit funds on or before Wednesday, June 27, 2012. We reserve the right to substitute prizes of equal or greater value. Prizes will be awarded 15 to 12 weeks after the event. Neither Apple nor Samsung are participants or sponsors of this promotion or event, nor the Cardiac Health Foundation of Canada.

GTA WALK OF LIFE®

Sunday May 27, 2012 9:30 am to 12:30 pm
Evergreen Brick Works, 550 Bayview Ave.

Goal: 2,000 participants & raise \$500,000!
www.walkoflife.ca

SCHEDULE OF EVENTS:

(Rain or Shine!)

Host: Roger Petersen
Anchor, CityNews Tonight and CityNews Channel

Honorary Chair: John Stanton
Founder of the Running Room and the Walking Room

9:30 am (inside Evergreen Brick Works)
Registration / Breakfast / Exhibits / Entertainment

10:45
Presentations / Warm-up

11:15 (outside)
RUNNERS Start

11:20
WALKERS Start

11:30
CYCLISTS Start

12:30
Awards / Evergreen Brick Work Activities

EVERGREEN BRICK WORKS ACTIVITIES:

After the WALK OF LIFE®, participants are invited to take historical tours of the site, join in activities for kids & adults, visit exhibits focused on climate change & green design, shop for organic plants and unique items at the Evergreen Garden Market, and dine at the onsite restaurant. 'Doors Open Toronto' also begins after the WALK OF LIFE®, featuring other exciting festivities.



CCRF 16870 Brochure - Cover merged.indd 1-3

THE CARDIAC HEALTH FOUNDATION OF CANADA

Our mission is to help cardiac rehabilitation programs across Canada. Over 25 centres will benefit from the proceeds of the 2012 WALK OF LIFE®. The advocacy of education & prevention of risk factors for cardiovascular disease is also promoted through five graduate scholarships, public health lectures and associations with other cardiac health related organizations.

To date, \$10.5 million has been raised for facilities, medical equipment, patient & public awareness, professional education and research.

NATIONAL WALK OF LIFE®

The National WALK OF LIFE® campaign takes place in over 25 cardiac rehab centres across Canada throughout the year with over 5,000 participants. The Cardiac Health Foundation of Canada is instrumental in assisting with each WALK OF LIFE® and giving grants to the participating centres.

CARDIAC REHABILITATION FACTS:

- ☞ Initially designed to treat post heart attack patients. Now includes those who have had bypass surgery, angioplasty/ stents as well as individuals with valvular heart disease, congestive heart failure and pacemakers, COPD and congenital heart disease.
- ☞ Has become PROACTIVE with an emphasis on educating and treating those with risk factors such as high blood pressure, cholesterol, diabetes, family history, smoking, obesity, stress and inactivity to reduce the likelihood of a cardiac event.
- ☞ WALKING and exercise-based cardiac rehabilitation and Heart Wise Exercise Programs are widely recommended as part of the continuum of cardiovascular care and the reason why the WALK OF LIFE® was started.

TESTIMONIALS:



"We cycled 7,260 kilometres across Canada promoting active living and cardiac health and we met and touched the lives of hundreds of people through the cardiac rehab centres that we visited in our travels across the country...join us as we lead a short 10 km ride as a part of a new event at the 2012 WALK OF LIFE®"
- Alex Holton and Vanessa Parlette

"Together our organizations strive to give those suffering from cardiac issues a second chance at life. We are delighted to give and receive support from the WALK OF LIFE® and as collaborative partners to donate Mikey defibrillators to the NEW Heart Wise Exercise Program in the GTA & cardiac rehab centres nationally."
- Morty Henkle, Executive Director/The Mikey Network

REGISTER EARLY TO WIN EARLY BIRD DRAW PRIZE!

\$500 gift certificate for organic meat
(donated by Beretta Farms Inc.)

Deadline: April 30, 2012

FORM A TEAM

This year we are proud to introduce 3 Team categories:

- National Sponsor Team
- Corporate Team
- Friends & Family Team

(Teams with 4 or more are eligible)

PRIZES AWARDED TO:

- Top Individual Fundraiser
 - Top Individual Cycling & Running Fundraisers
 - Top 3 Fundraising Teams
 - Top 3 Male & Female Runners
- (Gifts include Blue Jays tickets, Maple Leafs tickets, Dining/Spa/Apparel Certificates and more!)

BIKE RENTALS AVAILABLE

Bike rentals are available this year for \$14.00. Please reserve in advance by calling 416-596-1495 or email smohamed@evergreens.com

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