

# abs tpa Today

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## American Heart Association "HeartChase"

### ABS Preparing for Fundraising and Fun in Macomb County

Automated Benefit Services is preparing teams for participation in the American Heart Association (AHA) annual HeartChase fundraising event, which takes place April 5, 2014, in Mount Clemens, Michigan. 2020 so that more lives are saved and fewer Americans die from heart disease.

HeartChase is a nationwide AHA initiative to promote healthy living and raise funds for their heart health cause by bringing businesses, families, friends and coworkers of all ages together in a community-wide "fun and frenzied pursuit of hidden rewards and healthy lifestyles." After a successful pilot year in 2013, HeartChase is expanding into many communities across the U.S.

AHA research shows that cardiovascular disease, the leading cause of death in the U.S. is largely preventable. HeartChase supports the AHA goal to reduce death from heart disease and stroke by 20% by the year 2020, and also to improve the cardiovascular health of all Americans by 20% by the year



ABS employees intend to have eight teams participating in the day's activities, which include a "race to the finish line" competition to uncover clues, solve puzzles and complete challenges.

ABS Human Resources Director Robin Schembri said she is pleased with the level of support ABS is showing, both in terms of company commitment and employee involvement. "HeartChase offers a wonderful way for companies to support a very worthwhile cause, while at the same time helping their employees adopt healthy lifestyles and habits during an afternoon of fun and team building."

For more information about HeartChase, including a promotional video, an event locator and information on sponsorship and participation opportunities, go to [www.HeartChase.org](http://www.HeartChase.org).

## February is American Heart Health Month

This month, take the initiative to implement a heart-healthy lifeplan for yourself and your loved ones. Small changes can have considerable impact in key areas— lowering sodium intake, increasing activity levels, quitting smoking, and controlling blood pressure.

Heart disease is the leading killer of both men and women in the U.S. Annually, about 715,000 Americans have a heart attack, and 600,000 people die from heart disease—that's 1 out of every 4 deaths. The term "heart disease" refers to several types of heart conditions, the most common of which is coronary artery disease, occurring when plaque builds up in the arteries that supply blood to the heart causing heart attack, angina, heart failure, and arrhythmias.

Heart disease is preventable and controllable. Take steps to plan for prevention:

- Maintain a healthy weight**
- Limit alcohol consumption**
- Exercise regularly**
- Monitor blood pressure and cholesterol**
- Don't smoke**
- Manage diabetes**

For additional heart health advice, go to [www.cdc.gov/salt/healthy\\_heart\\_tips.htm](http://www.cdc.gov/salt/healthy_heart_tips.htm) and follow the million hearts initiative on FaceBook at [www.facebook.com/millionhearts](http://www.facebook.com/millionhearts)



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