

# Walk, laugh, get healthy

by Cherri Crockett, Rumford Falls Times

RUMFORD- The second annual Heart Walk was held at Hosmer Field Complex on Sunday with more than a dozen local businesses promoting heart-healthy awareness. With both two- and four-legged friends participating, the field was buzzing with action.



The morning began with a heart-healthy breakfast being served from the Falcon's Nest, while Nancy Demings performed her comedic "Opening Laughs." She joked, that if we would just change the names of diets to something more exciting, like "The G-Spot Diet," there would be a lot more people willing to follow them.

Med Care Ambulance was on hand providing heart rate and blood pressure checks, Sunday River supplied massage and River Valley Healthy Communities offered multiple pieces of literature for leading a healthy lifestyle.



Before the start of the Heart Walk, Carolyn Dupuis of Rumford was presented with the Lifestyle Change Award for 2010. After falling victim to a heart attack in 2008, Dupuis worked with the Rumford Hospital Cardiac Care Unit to gain control of her life and make healthy changes.

When asked what her motivation is, "I don't want to go through that again, that's motivation enough. I walk four miles every day and watch what I eat."

Throughout the morning, teams were able to get their photos taken by event photographer Greg Viger, children played games on the field and got their faces painted and Karen Mann had a following of movers and shakers trying out her Zumba routine.

Following the group photos forming a heart by survivors; teams set out on a one, two and four mile walk. Mexico Explorers were scattered throughout town directing traffic, which made for an accident-free morning.



Upon the return of teams back to Hosmer Field, a lunch provided by Subway was enjoyed by all.

Cindy Kubic of Rumford Hospital team has her heart rate and blood pressure checked before the start of Heart Walk 2010 by Med Care Ambulance paramedic Carl Blondell. The service was provided to all participants for free. (Times photo by Cheri Crockett)

