

Reducing the Risk of Heart Disease by Walking 15 Minutes Per Day

Running Belt Max, the brand behind a popular fitness belt, are raising awareness of American Heart Month, by encouraging people to develop an active lifestyle.

ASHEBORO, N.C., USA, February 16, 2016 /EINPresswire.com/ -- Heart disease is the leading cause of death for both men and women in the United States. That is why throughout February, American Heart Month, the team behind Running Belt Max are encouraging people to take charge of their health, start new healthier behaviours and help reduce their risk of heart disease or stroke.

“Small changes can make a big difference.” explains Dave Chandler, the Founder of Running Belt Max. “Throughout the month of February and beyond, we want to help people make a difference in their heart health. We believe that the most important change people can make is incorporating more exercise into their daily routines.”

In order to reduce the risk of heart disease, it is recommended to walk or run 15 minutes per day. The Center for Disease Control and Prevention also recommends to increase healthy eating habits, take steps to quit smoking, and to schedule regular visits with a doctor to discuss heart health.

In order to help spread awareness of American Heart Month, the Running Belt Max team have launched a promotion on their exercise waist pack. They believe that by offering the belt at a low cost throughout the month of February, they will encourage people to become more active and live healthier lifestyles.

The Running Belt Max is designed to enhance the overall running experience. With three organized zippered pockets, a rubberized earphone port, a metal key holder and built-in sunglasses storage; the waist pack can effectively hold all essential items, including credit cards, medications and large phones such as the iPhone 6 Plus or Galaxy Note 4.



Made from a high quality materials including water-resistant Lycra, reflective zippers, a durable snap buckle and a fully adjustable waistband, the Running Belt Max can comfortably be worn by either men or women and will stay dry through rain or sweat.

The Running Belt Max is currently being sold on Amazon.com, where customers automatically receive a free water bottle carrier and an eBook about running, health and fitness. To find out more

information about the waist pack and to support American heart month, visit their product page directly here: <http://www.amazon.com/dp/B017CVEPBE>



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