

## Asian Heart showcases Fit2Run Hearts

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### Asian Heart Proudly showcases its 100-member Fit2Run Hearts



Asian Heart Institute for the 11th consecutive year organized Fit2Run - a contingency of individuals who've benefitted immensely from their Preventive Cardiology & Cardiac Rehab, after being treated for various heart ailments.

On this event, Dr Ramakanta Panda, vice chairman and managing director of Asian Heart Institute proudly shared, "We are in the midst of an epidemic of heart disease. There are more than 60 million heart cases that need attention. Though the richest country in the world has spent over 200 billion dollars on heart-care alone, it hasn't been able to cover it completely. The best way to avoid a bad heart condition or even after a heart disease is detected, is to stay physically fit and lead a healthy lifestyle."

A marathoner, humbly says, my personal message to everyone is, there are these fears of heart ailments; about running for the marathon, about many other issues, those fears are completely baseless. It is essentially a reflection of a lazy mind and an indifferent approach towards one's own health.

Dr Aashish, the HOD for Preventive Cardiology & Cardiac Rehab, shared the statistics. "This is the largest contingency of runners we've had so far. A total of 100! 26 of them are doing the half marathon; 13 running for the first time. Our 'Heart ambassadors' all gung ho about running the marathon."