



American
Heart
Association.

**WALK
MORE.
STRESS
LESS.**



National Walking Day

A walk is not just good for your body, it's good for your soul. Recent reports show that walking rates are declining steadily in the US. A trend that can negatively impact mental and physical health.

Take a walk with us on April 2. Let's move together to reduce our stress and renew our hearts. Post a picture or video from your walk to social media, using the hashtag **#WalkingDay**.

[Your Location Here]
HEART.ORG/MOVEMORE

April 2, 2025