

NATIONAL WALKING DAY

Wednesday, April 2, 2025



What is National Walking Day?

Walking has been at the heart of American Heart Association's mission since our beginnings and that's why we created National Walking Day more than a decade ago. National Walking day takes place on Wednesday, April 2. And to celebrate, we're encouraging communities nationwide to take a walk so we can move together to reduce our stress and renew our hearts.

Walking is good for you. Let's walk together to benefit our hearts, bodies and minds. Remember, exercise is one of the best ways to keep your body healthy and release stress. Regular physical activity boosts your mood, gives you energy and improves your quality of sleep.

A walk is not just good for your body, it's good for your soul. Physical activity is one of the best ways to reduce stress and boost mood. But recent reports show that walking rates are declining steadily in the US. A trend that can negatively impact mental and physical health.

Here are some ideas to engage your school community:

- 1 Schoolwide Walking Activity**
Pick a time and invite all students, faculty and staff to step outside and take a walk together! You can add some fun with music or invite your school mascot or band to lead the walk! This could take place during the school day, or you could designate an hour before or after school to invite everyone to come and walk.
- 2 Faculty and Staff Walk Breaks**
Encourage faculty and staff to use their planning periods as an opportunity to take a quick walk.

National Walking Day

School Communication

Use the sample message below to rally your staff to participate in National Walking Day:

Email Subject: Let's Walk Together for National Walking Day! 🚶

Teachers and Staff,

National Walking Day is just around the corner on Wednesday, April 2 and it's the perfect opportunity for us to step away from our desks, get moving, and celebrate heart health together! Walking is one of the simplest ways to boost our well-being and doing it as a team makes it even more fun.

Let's rally together to show our commitment to healthy habits and set an example for our students. Here's how you can get involved:

- **Join the Walk!** We'll meet at [time] in [location] to take a walk around [route or area].
- **Inspire Your Students.** Share the importance of being active and moving more [moving more](#).
- **Spread the Word.** Snap photos, share why walking matters to you, and post them on [school social media or internal platform] using #WalkingDay and tag @American_Heart.

Walking is good for the heart, body, and mind—so let's lace up our sneakers and step into health! Thank you for all you do to inspire our students and each other every day.

Looking forward to seeing everyone out there walking!

In health,

[Signature]

