

NATIONAL WALKING DAY

Wednesday, April 1, 2026



What is National Walking Day?

National Walking Day is an invitation for all of us to pause, step away from our routines, and take a walk together to support heart health and overall well-being. **To celebrate, we're encouraging communities nationwide to take a walk on Wednesday, April 1 to get moving, reduce stress, and rejuvenate our minds and bodies.**

For educators, National Walking Day is an important reminder of how physical activity can support both teaching and learning. Walking is one of the easiest and most accessible ways to improve overall well-being for both children and adults. Just a few minutes of daily activity can boost mood, increase energy, reduce stress and improve sleep — benefits that can make a meaningful difference in busy school environments.

We hope you'll join us in celebrating on April 1 as we walk together to support healthier hearts, bodies and minds!

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. Add excitement by playing music, inviting your school mascot, or having the band or cheer squad lead the walk! This activity could take place during the school day, or you could even host a special event before or after school and invite the whole community.
- 2 Faculty and Staff Walk Breaks**
Encourage faculty and staff to use their planning period or break as an opportunity for a quick walk. Even a few minutes of movement can help reduce stress, increase energy and support overall well-being.

National Walking Day School Communication

Use the sample message below to encourage 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 coming up on **Wednesday, April 1**, and it's the perfect chance for all of us to step away from our desks, get moving, and celebrate heart health together!

Walking is one of the easiest ways to boost our mental and physical well-being and doing it as a team makes it even more fun! 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.** Take a moment to talk about the importance of being active and finding simple ways to [move more](#) every day.
- **Spread the Word.** Snap photos, share why walking matters to you, and post them on [school social media or internal platform] using #NationalWalkingDay and tagging @American_Heart.

Walking does wonders for the heart, body and mind, so let's lace up our sneakers and step into better health together.

Looking forward to seeing you out there!

In health,

[Signature]

