

NATIONAL WALKING DAY

Wednesday, April 3, 2024



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 3. 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 to 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 Line: Let's Celebrate National Walking Day!

We know that exercise is good for our heart and our minds. That's why, we're excited to celebrate National Walking Day with the American Heart Association!

On Wednesday April 3, [**School Name**] is [**insert activity details**].

We hope that you will join us as we encourage everyone to move more and celebrate healthy hearts!

Here are more resources from the Kids Heart Challenge/American Heart Challenge to help incorporate wellbeing into your classroom:

- Check out [25 Ways to Get Moving](#)
- Help students develop meaningful positive self-talk with pep talk videos [pep talk videos](#) and [motivational posters](#).
- Utilize [mindfulness and breathing exercise videos](#) as a great tool before tests.
- Teach [conflict resolution](#) and [communication skills](#) as tools to deal with stress.

In health,

[Signature]

Tag @American_Heart on social media and share your photos using #WalkingDay

