



American Heart Association®

Healthy for Good™

**WALK
MORE.
STRESS
LESS.**



National Walking Day

A walk is not just good for your body, it's good for your soul. But recent reports show that walking rates are declining steadily in this country. This trend affects the health of people you know and love. Let's move together to reduce our stress and renew our hearts.

Connect with others across the nation in celebration of National Walking Day. Post a picture or video from your walk to social media, using the hashtag **#WalkingDay**.

[Your Location Here]

[HEART.ORG/MOVEMORE](https://www.heart.org/movemore)

APRIL 3 2024