

## Lace Up Your Sneakers and Go Walk on April 2nd

This year's National Walking Day, sponsored by the American Heart Association, is Wednesday, April 2. It is the perfect time to get out and walk. Walking is the most popular form of aerobic physical activity for adults in the United States. Whether you are walking your dog, walking with friends, or walking to get somewhere, every step counts towards your improved health.

National Walking Day raises awareness about the importance of physical activity. According to the [2008 Physical Activity Guidelines for Americans](#), most adults need to do two types of physical activity each week to improve health—aerobic and muscle-strengthening. Walking is a great way to meet the aerobic part of the guidelines. If you are a walker, encourage a friend or colleague to start walking on April 2. If you do not regularly walk for physical activity, try it out. You will be surprised at how good a brisk walk may make you feel.



### How You Can Participate in National Walking Day:

- Walk and invite your family, friends, and coworkers to join you.
- Invite your coworkers to bring their sneakers to work.
- Encourage your employees to walk.
- Change one of your meetings to a walking meeting and let your colleagues know why.
- Share with others CDC's information on the importance of walking.

### More Information:

- Find out more about walking at the [CDC's Vital Signs on Walking](#).
  - Visit CDC's [Division of Nutrition, Physical Activity and Obesity Web site](#) for strategies to increase your physical activity levels.
  - Register to receive the [National Walking Day](#) Toolkit, which includes materials and tips for promoting National Walking Day in your community or workplace.
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