



American
Heart
Association.

2026

**NATIONAL
WALKING DAY
& MOVE MORE
ACTIVATION
GUIDE**

**WALK MORE.
STRESS LESS.**

Join us on National Walking Day!

#NATIONALWALKINGDAY

STARTS
APRIL 1 2026

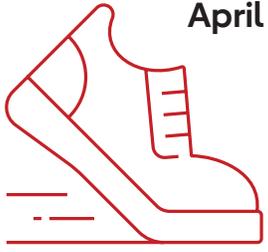
HEART.ORG/MOVMORE



GOOD TO KNOW
Regular movement helps reduce inflammation over time.

LET'S WALK TOGETHER

APRIL IS MOVE MORE MONTH.



April is **MOVE MORE MONTH**, and **NATIONAL WALKING DAY** kicks it off on April 1.

Regular physical exercise is a great way to keep your body healthy and release stress. And walking is one of the simplest and most accessible forms of exercise — no special equipment, no gym membership, just you and the path forward.

NATIONAL WALKING DAY



- Get free resources like event templates, infographics and flyers at heart.org/MoveMore.
- Give out fun prizes. Find great swag at shopheart.org.

WHY WALK? HERE'S WHY.



WALKING AT A BRISK PACE for 150 minutes a week can boost mood, improve sleep and reduce the risk of heart disease.



1 IN 4 U.S. ADULTS SIT for more than 8 hours a day; walking helps counteract the effects of sedentary behavior.



EVEN 30 MINUTES of light activity can reduce the risk of death by 17%.



WALKING WITH PETS or friends increases accountability and companionship.



GOOD TO KNOW
Here's how to keep a **good habit** going.

WALK THIS WAY

APRIL 1 IS NATIONAL WALKING DAY.

Here's how to participate:



WALK whenever it works for you on **APRIL 1**.



INVITE coworkers, students, friends or community members to join.



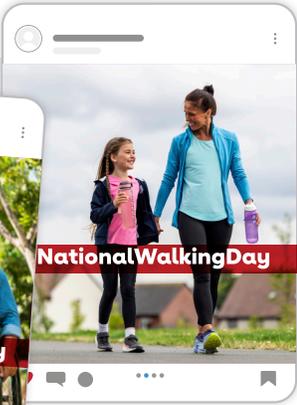
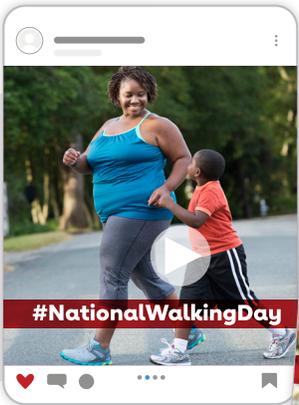
SHARE your walk on social media using **#NATIONALWALKINGDAY**.



USE free resources at heart.org/MoveMore to promote your event.

INSPIRE OTHERS

Share your walk on social media, and post photos or videos, using **#NationalWalkingDay**.



NATIONAL WALKING DAY

APRIL 1 2026

TO LEARN MORE AND GET RESOURCES, VISIT:

HEART.ORG/MOVEMORE
#NATIONALWALKINGDAY

