

It's National Walking Day...The first Wednesday in April is National Walking Day and it encourages Americans of all ages to get out and stretch their legs and get their hearts pumping. The American Heart Association sponsors this day to remind people about the health benefits of taking a walk.

Here are some great ways to make a 30-minute walk more enjoyable:

- Wear comfortable shoes and clothes
- Take a friend to pass the time
- Stretch your muscles
- Drink plenty of water
- Move your arms too
- Make sure you are using good posture

How to observe #NationalWalkingDay:

- Take your 30 minute walk
- Find a trail or walk around your neighborhood
- Visit a local park or walk on your treadmill
- Take your canine pals with you...they need exercise too!
- Use #NationalWalkingDay to post on social media

Benefits of walking:

- Improve cardiovascular health
- Maintain a healthy weight
- Improved flexibility in joints
- Stronger muscles
- Improved mental health

