

NATIONAL WALKING DAY

7 April 2021

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The first Wednesday in April is National Walking Day and it encourages people of all ages to get out and stretch their legs and get their hearts pumping. This day is to remind people about the health benefits of taking a walk. Wear your sneakers (or take them with you) to work, and at some point in the day, take a 30-minute walk.

Here are some great ways to make that 30-minutes more enjoyable:

- Wear comfortable clothes
- Take a friend to pass the time
- Make sure to stretch those muscles
- Drink plenty of water
- Move your arms, too
- Make sure you have good posture

Take thirty minutes out of your day to go for a walk. Find a trail near you or walk around your neighbourhood. Take your canine pals with you, too. They need the cardiovascular workout, too!

We encourage all Residents to take a walk in their Village and send us some fun photos of your walk.