



National Walking Day Communication Template

Use the sample message below to encourage your organization to participate in National Walking Day:

Email Subject: Let's Walk Together for National Walking Day! 🚶

Hello Team,

A walk can be one of the simplest ways to care for your heart, your body, and your mind. Walk with us on Wednesday, April 1. Let's move together to reduce stress and support our heart health. Everyone is invited to join us at [time] in [location] to take a walk around [route or area].

You choose how you move.

- In-person employees. We will meet [in the downstairs lobby] and take a short walk [around the park next to our office building]. The walk should take about [15] minutes.
- Those working from home. Join us virtually at [this link]. We hope you're able to walk, too. Be sure to spin your phone around to share the scenery from your stroll (even if it's your at-home treadmill)!

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 #NationalWalkingDay.

Whether on your own or with others, these moments of movement can create joy, connection, and support healthier, happier lives. Looking forward to seeing you out there!

In health,

[Signature]