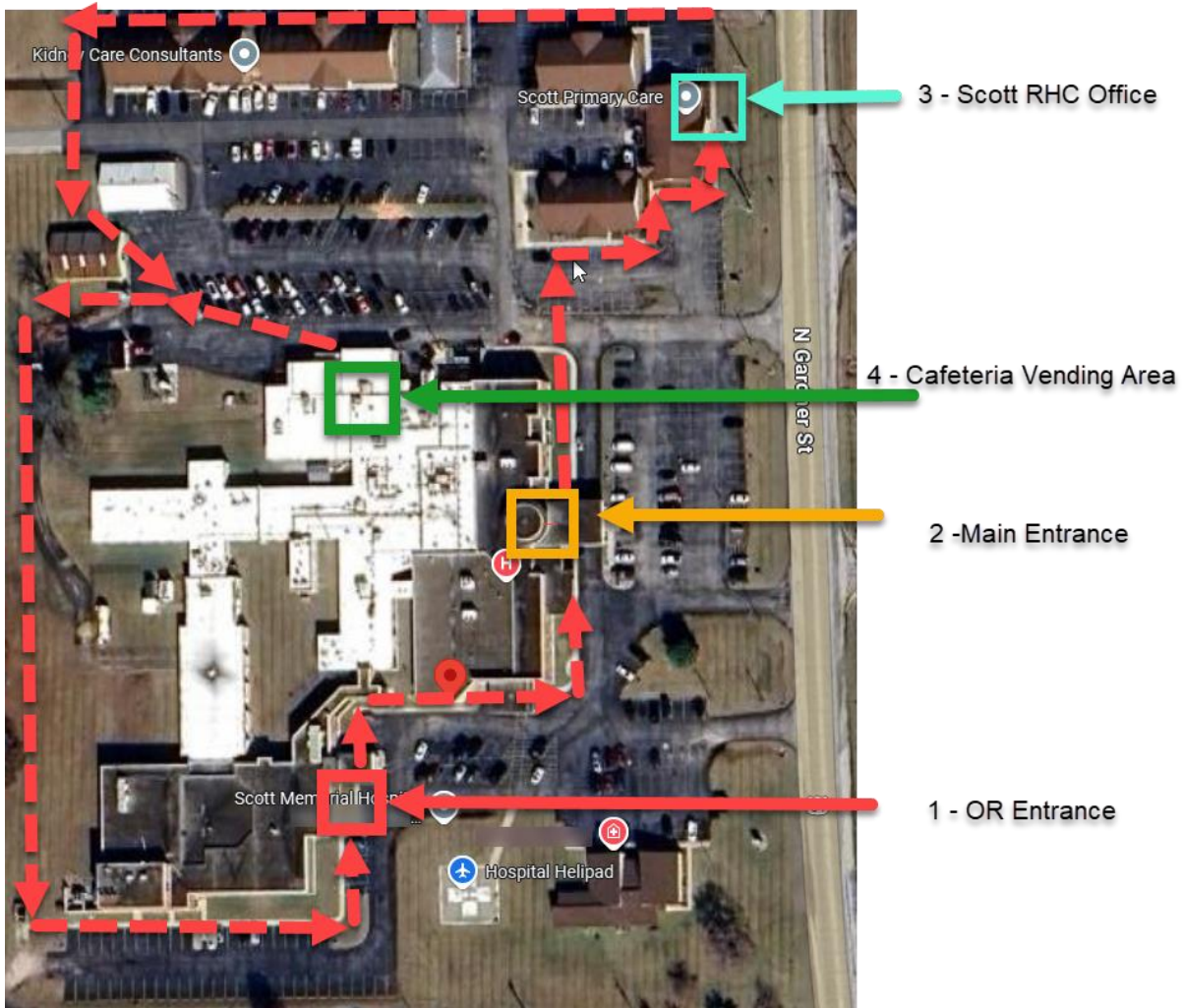


Outdoor Route



Fun Facts pulled from:

2025 National Walking Day & Move More Activation Guide

Walk more. Stress less. Walking is one of the simplest ways to get and stay active.



Walking is the most popular form of exercise. No wonder! For most people, it's safe, low- or no-cost, and it's easy to stick with. (And did we mention it's fun? Especially with friends.)



Research has shown that **walking can have a significant impact on your health by lowering your chances of heart disease.**



Walking at a lively pace at least 150 minutes a week **can help you think better, feel better and sleep better.**

Fun Facts pulled from:

2025 National Walking Day & Move More Activation Guide

1st Base

Activity - Arm Circles 10 forward + 10 reverse

Fun Fact

Make a move. One in four U.S. adults sits for longer than eight hours each day. **Sitting for too long can hurt your physical and mental health.**



A recent study found that **swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%. If everyone increased their activity, even by a small amount, we would see an improvement in health and lower the cost of disease in the United States.**

Fun Facts pulled from:

2025 National Walking Day & Move More Activation Guide

2nd Base

Activity - High Knees x 20 (Full or modified)

Fun Fact

Sweet dreams. Prioritize sleep and aim for seven to nine hours a night.



Getting a good night's sleep every night is vital to cardiovascular health. Too little (or too much) sleep is associated with heart disease, studies show. Good sleep improves mood, memory and reasoning.

Fun Facts pulled from:

2025 National Walking Day & Move More Activation Guide

3rd Base

Activity – Lunges – 10 each leg

Fun Fact

Check the stress. Money, work and family responsibilities and health concerns are top sources of stress.



Chronic stress can impact your emotional and physical health. **Stress can increase your risk for heart attack and stroke.**



Workplace stressors – such as long hours, finances, job security and work-family conflict – **are as harmful to your health as secondhand smoke.**

Fun Facts pulled from:

2025 National Walking Day & Move More Activation Guide

Home Plate

Activity – Scan QR Code! You did it!

Fun Fact

Pets? Let's! When we see, touch, hear or talk to our furry friends, we feel a sense of goodwill, joy, nurturing and happiness.



Dogs can help ease people out of isolation or loneliness.



Walking a dog is a great way to get exercise, for both of you.
(Bring Rex along on National Walking Day, April 2!)



More than one study has suggested that **people with dogs tend to live longer than those who don't have canine companions at home.**

Fun Facts pulled from:

2025 National Walking Day & Move More Activation Guide