

STATE OF NORTH DAKOTA

PROCLAMATION

WALKING DAY

APRIL 1, 2026

WHEREAS, regular physical activity supports both mental and physical well-being, helping to reduce stress, boost mood, improve sleep and support heart health; and

WHEREAS, about 1 in 4 U.S. adults spends more than 8 hours a day sitting, which over time can affect overall health and quality of life; and

WHEREAS, even small amounts of movement, including a brisk walk, can help increase energy, improve focus and support clearer thinking; and

WHEREAS, spending time outdoors and walking with friends, family members, coworkers or pets can promote connection, reduce stress and strengthen community bonds; and

WHEREAS, for decades, the American Heart Association has worked to advance policies and community strategies that make it easier and safer for people to walk and be physically active where they live, work and learn; and

WHEREAS, National Walking Day, created by the American Heart Association in 2007 and observed annually on the first Wednesday in April, encourages people to move more throughout the day and find simple ways to care for their well-being; and

WHEREAS, North Dakotans are encouraged to take time to walk, move more, and prioritize their health and well-being; and individuals, families, schools, workplaces and community organizations can begin by participating in National Walking Day by taking a walk together.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
April 1, 2026, **WALKING DAY** in the State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST: 
Michael Howe
SECRETARY OF STATE