



County Commissioners of Charles County

PROCLAMATION 2026-26

National Walking Day

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 one in four U.S. adults spends more than eight 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

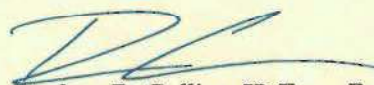
WHEREAS National Walking Day, created by the American Heart Association in 2007 and observed annually on the first Wednesday in April, encourages people to move more throughout the day and find simple ways to care for their well-being; and


WHEREAS, the Centers for Disease Control and Prevention (CDC) is leading Active People, Healthy NationSM, a national initiative to help 27 million Americans become more physically active by 2027; and


WHEREAS, Charles County recognizes the need to expand achievable, measurable, and long-lasting efforts to increase physical activity across the community by supporting Active People, Healthy NationSM strategies


NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND, do hereby proclaim April 1, 2026 as **National Walking Day** in Charles County, and encourage residents, businesses, and community organizations to take time to walk, move more, prioritize their health and well-being and participate in National Walking Day by taking a walk and learning more at heart.org/movemore.

COUNTY COMMISSIONERS OF
CHARLES COUNTY, MARYLAND


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Attest:


John Adelodun, Assistant Clerk to the Commissioners