



Proclamation

By the Governor of Alabama

WHEREAS, regular physical activity supports both mental and physical wellbeing, 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 each 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 wellbeing;

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim April 1, 2026, as

National Walking Day

in the state of Alabama and encourage all residents to take time to walk, move more and prioritize their health and wellbeing.



Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 30th day of March 2025.

Kay Ivey

Kay Ivey, Governor