



Stepping Into Better Health With the American Heart Association

DALLAS, TEXAS, UNITED STATES, April 29, 2024 /EINPresswire.com/ -- A walk is not just good for the body, it's good for the soul. It's one of the easiest ways to reduce stress and boost mood at no cost. But [recent reports](#) show that walking rates are declining steadily in the US. A troubling trend that can negatively impact mental and physical health.

"One in four adults sit for longer than eight hours a day which takes a toll on the body and mind." Says Dr. Monik Jimenez, Volunteer Expert at the American Heart Association. "Getting the recommended amount of physical activity can help you feel, think, sleep and live better. Walking is a great way to add more activity into your day, and a great way to get outdoors."

The AHA has been a champion of physical activity in communities across the country and that's why they created National Walking Day more than a decade ago. Now with their upcoming 100th anniversary, they are encouraging everyone to take a walk on April 3 to step into better health.

For more information, please visit <https://www.Heart.org/movemore>.

Erin Montie

American Heart Association

[email us here](#)

Visit us on social media:

[Facebook](#)

[YouTube](#)

[Instagram](#)

[LinkedIn](#)

[TikTok](#)

[Twitter](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/704452497>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.