

WHEREAS; regular physical activity supports both mental and physical well-being, helping to support better sleep, reduce stress and certain health risks, and even add years to an individual's life, according to the Centers for Disease Control and Prevention (CDC); and

WHEREAS; according to the World Health Organization, one in three adults and over 80 percent of kids do not get the necessary amount of physical activity, and further, according to the CDC, approximately 110,000 deaths in the United States could be prevented if adults ages 40 years and older increased their physical activity; and

WHEREAS; in addition to being a great way to engage in regular physical activity, walking can also provide opportunities to appreciate the outdoors, practice mindfulness, and spend quality time with friends, family, coworkers, or neighbors, ultimately promoting connection, reducing stress, and strengthening community bonds; and

WHEREAS; the state of Wisconsin recognizes the importance of providing access to safe and convenient places for people to be physically active, including by bolstering walking infrastructure like trails, pathways, and bridges, to ensure that all Wisconsinites have the opportunity to engage in practical physical activity; and

WHEREAS; today, the state of Wisconsin joins dedicated advocates and organizations across the state in encouraging all Wisconsinites to consider walking as a regular physical activity and to take steps to be more active and improve their physical and mental health;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim April 1 2026 as

NATIONAL WALKING DAY

throughout the State of Wisconsin and I commend this observance
to all our state's residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 25th day of March 2026.



TONY EVERS, Governor

By the Governor:



SARAH GODLEWSKI, Secretary of State