



California Workforce Connection

EDUCATION ★ INNOVATION ★ OPPORTUNITY

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Walking for Health
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All Americans should take a health walk. We celebrate the National Walk Day on the first Wednesday in April. The day encourages Americans of all ages to get out and stretch their legs. It also gets our hearts pumping in rhythm with the beat. The American Heart Association supports this day as a reminder of the health benefits associate with taking a walk. Get those sneakers ready to take a walk sometime during the day. Get the walking music ready for a short 30-minute walk.

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