

# STATE OF MISSISSIPPI

## Office of the Governor



### PROCLAMATION

**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 adults in the United States 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 interpersonal 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.

**NOW, THEREFORE**, I, Tate Reeves, Governor of the State of Mississippi, do hereby proclaim April 1, 2026, as

### WALKING DAY

in the State of Mississippi, and encourage all residents to take time to walk, move more, and prioritize their health and well-being.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Mississippi to be affixed.

DONE in the City of Jackson on the 18<sup>th</sup> day of March in the year of our Lord, two thousand and twenty-six, and in the anniversary of the United States of America, the two hundred and fiftieth.

  
TATE REEVES  
GOVERNOR