



# Washington County Health Department

1302 Pennsylvania Avenue, Hagerstown, MD 21742

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For Immediate Release

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## Celebrate Walk Maryland Day

Walk Maryland Day is Wednesday, October 2<sup>nd</sup>, 2019; coinciding with National Walk to School Day. The purpose of Walk Maryland Day is to celebrate Maryland's state exercise – walking – by getting outside and taking a walk! Walk to school, walk to work, or take a walk on one of the many trails in Washington County! The Washington County Health Department and the City of Hagerstown are hosting a 30-minute lunchtime walk at noon on October 2<sup>nd</sup> at the Hagerstown Cultural Trail. All participants will receive a miniature Maryland flag and the first 50 participants will receive a free salad from Bella's Bites! Stop by to grab some lunch and take a walk! The Manning Media street team will be giving out free water and VFF Produce, the Mobile Farmers Market, will be there selling fresh, local produce. Everyone who joins the walk will receive a \$1 coupon for the Mobile Farmers Market. Visit our website or Facebook page for more information about this event.

According to the U.S. Surgeon General, physical activity is one of the most important things people can do for their health. The Physical Activity Guidelines for Americans recommend that adults get 150 minutes a week and children get 60 minutes a day of aerobic physical activity. Even if you don't meet the recommended amount of physical activity, being somewhat active is better than being inactive. If you're looking to start being more active, try walking! Walking is one of the most popular forms of aerobic physical activity because it's free, easy, and anyone can do it! Find all the great places to walk in Washington County on Washington County Pathfinder by visiting [washcopathfinder.com](http://washcopathfinder.com).