

Walking is Man's Best Medicine. — Hippocrates



Blue Zones Project is partnering with other organizations to encourage community members to walk for at least 30 minutes on April 3. GETTY IMAGES

Southwest Florida celebrates National Walking Day on April 3

Blue Zones Project - SWFL

Southwest Florida is celebrating National Walking Day on Wednesday, April 3, at North Collier Regional Park.

Participants will meet at the administrative building and walk for approximately 1 mile around the park, followed by light refreshments and hors d'oeuvres.

Attendees will receive a Blue Zones Project T-shirt and be eligible to win more than \$2,000 in prize drawings. The walk begins promptly at 5:30 p.m. To RSVP for this free event, visit 3rdAnnualNWD.eventbrite.com.

National Walking Day, an annual observance sponsored by the American Heart Association, is designed to get people moving, no matter their location. According to the AHA, Americans are spending more time sitting in front of a screen and are becoming less active, which can increase the risk of heart disease, stroke and other diseases.

To combat these health issues, Blue Zones Project, a community-led well-being improvement initiative, is partnering with Collier County Parks and Recreation, local area schools, and organizations in Naples, Bonita Springs

and Estero to encourage community members to walk for at least 30 minutes on April 3.

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare® Inc. and Blue Zones LLC, Blue Zones Project is a vital part of Southwest Florida's well-being improvement initiative that encourages changes in the community that lead to healthier options.

For more information about Blue Zones Project Southwest Florida, visit southwestflorida.bluezonesproject.com.