



STATE OF TENNESSEE  
**PROCLAMATION**  
BY THE GOVERNOR

**WHEREAS**, the health and well-being of Tennesseans are vital to the strength, prosperity, and quality of life of our state; and

**WHEREAS**, regular physical activity plays a critical role in preventing and managing chronic disease, improving mental health, and supporting mobility and independence for individuals of all ages; and

**WHEREAS**, walking is one of the simplest, most accessible, and cost-effective ways for people across Tennessee to incorporate physical activity into their daily routines; and

**WHEREAS**, studies show that if every American walked just 20 minutes each day, it could save lives and potentially reduce health care costs by up to \$100 billion annually; and

**WHEREAS**, Walking Day serves as an opportunity to encourage individuals, families, and communities across Tennessee to take simple steps toward healthier, more active lifestyles; and

**WHEREAS**, creating communities that support safe and accessible opportunities for walking helps foster healthier residents and stronger neighborhoods throughout our state; and

**WHEREAS**, state and local leaders, schools, employers, and community organizations across Tennessee play an essential role in promoting wellness and encouraging active living;

**NOW, THEREFORE**, I, Bill Lee, Governor of the State of Tennessee, do hereby proclaim April 1, 2026 as

*Walking Day*

in Tennessee and encourage all citizens to join me in this worthy observance.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this twenty-fourth day of March 2026.



*Bill Lee*

Governor

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Secretary of State