



When: Wednesday, April 2

Time: 12 Noon—Walking Kick Off Rally

Where: Start at Foster Recreation Center

Join us on **National Walking Day** to introduce Missouri State University's **new walking path**. Students, faculty, and staff are invited to walk with us on the new path as we encourage the community to **embrace a healthier lifestyle through walking**, which has the lowest dropout rate of any physical activity. Research has shown that each hour of regular exercise **can add about two hours to your life**.



American Heart Association®

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Explore the Ozarks in 30 minute walks.



#MSUWalkItOut
#AHALaceUp

For more information, visit us at www.heart.org/walkspringfieldpaths.