



## PROCLAMATION

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### ARLINGTON WALKING WEEK

**WHEREAS**, the first Wednesday of April was proclaimed “National Walking Day” by the American Heart Association in 2007, and the first seven days of April proclaimed “National Walking Week” by the American Volkssport Association--America’s Walking Club and the nation’s largest walking organization with ties to 40 countries; and

**WHEREAS**, walking as a recreational activity and a popular sport provides proven benefits to physical health for the heart, joints and movement, mitigating the impacts of diabetes and aging, and in cancer prevention, among others; but also as an important source of mental stimulation, growth and health through cultural and natural tourism, historical education, and providing connection to natural tranquility; and

**WHEREAS**, walking provides a sound and proven opportunity to experience the critical benefit of fellowship and companionship; is crucial to human connections, community building and transportation infrastructures; and provides the opportunity to experience spiritual connections to the world both seen and unseen and brings families together through the generations; and

**WHEREAS**, walking has been a source of pride for Arlington County for over 15 years in three ways: as the home of the U.S. FreedomWalk Festival, which has been the hemisphere’s only world-class international walking festival sanctioned by the International Marching League for the last 10 years; WalkArlington’s success leading to the declaration of Arlington as one of “America’s Most Walkable Cities in the United States;” and, Arlington as a site for the unveiling of the newest state logo created by the Virginia Tourism Corporation, “Virginia Is For Walking Lovers,” in 2019;

**NOW, THEREFORE, I**, Libby Garvey, Chair of the County Board in Arlington, Virginia, do hereby proclaim **April 1 to April 7, 2020**, as

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and urge our residents to celebrate the role of walking in making Arlington a vibrant community for all ages and abilities.



Libby Garvey  
Chair