

Name _____



National Walking Day

National Walking Day, observed on the first Wednesday in April each year, is an annual health and wellness initiative in the United States promoted by the American Heart Association (AHA). The primary goal of this day is to encourage people of all ages and fitness levels to incorporate more physical activity into their daily lives by taking a walk. It serves as a reminder of the numerous health benefits associated with walking, including improved cardiovascular health, stress reduction, and increased overall well-being.

On National Walking Day, individuals and organizations often participate in organized walks, host walking events, and engage in physical activity challenges to promote a more active and heart-healthy lifestyle. The day encourages everyone to set aside time to go for a walk, whether it's a short stroll around the neighborhood, a scenic hike in nature, or a leisurely walk during a break at work. By raising awareness about the importance of physical activity, National Walking Day strives to inspire individuals to make walking a regular part of their daily routine for better heart health and overall fitness.

Directions: This passage has 6 errors. Find the errors and correct them.

One sunny morning, a group of Energetic kids gathered at the park for a special adventure. They ware going power walking with their enthusiastic coach, Coach Ellie With colorful sneakers laced up and water bottles in hand, they set off on a brisk walk through the winding trails.

Coach ellie taught them the importance of walking with purpose, swinging their arms, and maintaining a steady pace. As they power walked, they felt their hearts beating faster and their bodies grewng stronger. The kids laughed and chatted along the way, making the workout feel like an exciting journey. At the end of their power walk, they realized that staying active could be lots of fun, especially when they did it together. With smiles on their faces, they looked forward to their next adventure with Coach Ellie, knowing that staying healthy could be as simple as putting won foot in front of the other.