



Proclamation

From the Governor of the State of Maryland

WALK MARYLAND DAY
OCTOBER 7, 2026

- WHEREAS,** Daily physical activity, such as walking and rolling, provides many health benefits, including helping individuals maintain a healthy weight while reducing the risk of heart disease, stroke, type 2 diabetes, depression, and several cancers; and
- WHEREAS,** The Physical Activity Guidelines for Americans recommend that adults engage in at least 150 minutes a week of moderate-intensity aerobic activity, and that children and adolescents engage in 60 minutes or more of daily physical activity; and
- WHEREAS,** According to the 2023 Maryland Behavioral Risk Factor Surveillance System, nearly 60 percent of Marylanders meet the recommendation of 150 minutes of physical activity weekly, representing a positive 7 percentage point increase since 2019; and
- WHEREAS,** According to the 2024 Maryland Behavioral Risk Factor Surveillance System, only 29 percent of Maryland adults maintained a healthy weight, while 69 percent are classified as overweight or obese, marking a nearly 5 percentage point decline in healthy weight adults over the past decade; and
- WHEREAS,** According to the 2050 Maryland Department of Transportation Bicycle and Pedestrian Master Plan, 40 percent of residents identify traffic, unsafe walking conditions, or personal safety as primary barriers to walking; and
- WHEREAS,** The Maryland Department of Transportation continues to invest a historic level of funding – \$550 million in the Fiscal Years 2027 - 2032 Draft Consolidated Transportation Program – for pedestrian and bicycle projects across the state through the construction of new sidewalks, bike lanes, and transportation trails and through grants awarded to local jurisdictions; and
- WHEREAS,** Walking is designated as the official state exercise of Maryland, serving as an accessible, inclusive, and foundational method for residents to achieve their daily physical activity goals; and
- WHEREAS,** Walk Maryland Day serves as a statewide call to action to promote equitable pedestrian access, improve community walkable infrastructure, enhance pedestrian safety, and inspire all Marylanders to embrace a more active, healthier lifestyle.

NOW, THEREFORE, I, WES MOORE, GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim OCTOBER 7, 2026, as WALK MARYLAND DAY, and do commend this observation to all of our citizens.



Given Under My Hand and the Great Seal of the State of Maryland,
this 7th day of October
Two Thousand and twenty-six

[Signature]
Governor
[Signature]
Lt. Governor
[Signature]
Susan C. Lee
Secretary of State