

Wellness Bulletin

National Walking Day



National Walking Day is every year on the first Wednesday in April. National Walking Day is exactly as it sounds – a day to celebrate the easiest way to be the healthiest version of you. Walking for thirty to sixty minutes per day may sound like it isn't much, but studies have shown that it can drastically improve your health and even help prevent ailments such as Type II diabetes, cancer, and heart disease.

How to Observe National Walking Day

#NationalWalkingDay

Take thirty minutes out of your day to go for a walk. Find a trail near you or walk around your neighborhood. You can also visit a local park or walk on your treadmill. Take your canine pals with you, too. They need the cardiovascular workout, too!

Here are some great ways to make that 30 minutes more enjoyable:

- Wear comfortable clothes.
- Take a friend to pass the time.
- Make sure to stretch those muscles.
- Drink plenty of water.
- Move your arms, too.
- Make sure you have good posture.

Celebrating National Walking Day

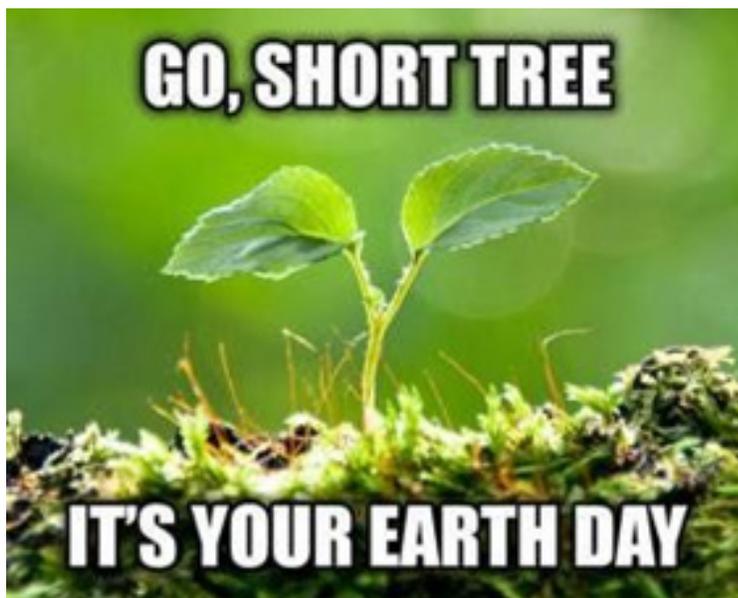
The only requirement to celebrate National Walking Day is for a person to get out and start walking. Walking can be the start of a healthy life and regularly walking does wonders for the body. Another thing a person can do to celebrate this holiday is to use the hashtag #NationalWalkingDay to let people know you're celebrating the day or to encourage people to get out and get active.

Earth Day 2022

Earth Day is Friday, April 22, 2022.

The first Earth Day was observed on April 22, 1970, when 20 million people across America celebrated by filling their local streets, parks and auditoriums to demand a healthy, sustainable environment. They were concerned about their cities laden with smog, polluted rivers, rampant pollution, and other environmental hazards. Since then, Earth Day has been celebrated around the world by people from all walks of life who are concerned about making a sustainable future for their children. In the past events festivals and

overall awareness campaigns mark the day, with the hope of preserving the environment



WAYS TO SAVE THE EARTH EVERY DAY

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1. TURN SCRAPS INTO COMPOST

2. USE REUSEABLE SHOPPING BAGS

3. RECYCLE ELECTRONICS

4. USE A COMPACT FLUORESCENT BULB

5. CONSERVE ENERGY BY TURNING OFF LIGHTS

6. WALK, BIKE, OR CARPOOL

7. PICK UP TRASH

8. UNPLUG ITEMS WHEN THEY'RE NOT IN USE

9. USE A REUSABLE WATER BOTTLE

10. RECYCLE

11. TURN OFF WATER WHILE BRUSHING TEETH

12. USE A DRYING RACK INSTEAD OF DRYER

13. TAKE SHORTER SHOWERS

14. GO MEATLESS A FEW TIMES A WEEK

15. BUY SECONDHAND

16. MAKE YOUR OWN CLEANING SUPPLIES

17. SUPPORT GREEN BUSINESSES

Be KIND to Earth



Earth Day Green Smoothie Recipe

This Green Smoothie recipe doesn't just show support for Earth day, it also helps you detoxify your body and keep you healthy. It's also great to make one whenever you need it.

Ingredients:

- 4 Kale Leaves (remove center)
 - 1/2 cup Parsley
- A cup of Frozen Strawberries
 - 1 Banana, cut into slices
 - A cup of water

How To Make Green Smoothies:

1. Add all of the ingredients into a blender and mix until smooth.
2. Add ice if you want it a little colder!
3. Serve in a clear glass so you can see the green color.



