

WHEREAS, Walking is a natural activity that does not require any specialized equipment or training and is an inexpensive physical activity that most Maryland citizens can do easily, at any time during the day; and

WHEREAS, Walking is as close to a universal physical activity as there is and can be easily integrated into the daily routine of most Marylanders; and

WHEREAS, Most people in Maryland already walk every day and a person can engage in other activities while walking, such as meeting and greeting neighbors, talking with friends and family, observing nature or the community, and running errands or shopping; and

WHEREAS, Environments that encourage walking help to promote tourism and commerce; and

WHEREAS, Increased walking is an important facet of livable and sustainable communities; and

WHEREAS, Walking is an environmentally friendly method of transportation, which helps to reduce reliance on automobiles while cutting traffic congestion and air pollution; and

WHEREAS, Walking as a symbol for Maryland will benefit individual citizens and Maryland as a whole; now, therefore,

SECTION 1. BE IT ENACTED BY THE GENERAL ASSEMBLY OF MARYLAND, That the Laws of Maryland read as follows:

**Article - State Government**

13-320.

**WALKING IS THE STATE EXERCISE.**

SECTION 2. AND BE IT FURTHER ENACTED, That this Act shall take effect October 1, 2008.

Approved by the Governor, May 13, 2008.

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**CHAPTER 401**

(House Bill 1311)