**AHA\_National Walking Day\_Video2\_EVERGREEN\_TV**

Hey, you made it.

Yeah, I told you I would.

Yeah. You ready?

Yes, but I need to stretch.

Okay, let's stretch.

1 in 4 adults sit for eight plus hours daily. This year, I challenged my friends to move more.

Okay, so how long do you think we've been walking?

20 minutes?

35 minutes.

35 minutes?!

Yeah, I can’t believe that.

Just 20 minutes a day helps reduce stress, high blood pressure and stroke risk.

Okay, we made it. Let's take some pictures.

I’m ready for the next one.