



The Spirit of Walking

AVA: America's Walking Club, is a national nonprofit organization established in 1979 to promote public health and physical fitness through noncompetitive, self-paced sporting events. Come and enjoy our walking, hiking, swimming, biking, snowshoeing and cross country skiing events. Seniors, youth, families, and pets are welcome! You don't have to be an athlete to participate. Meet friends, walk scenic trails and improve your

physical and mental health with a natural, accessible, and low-stress activity.

The AVA's network of over 200 clubs organize more than 2,500 noncompetitive events (majority walks) per year nationwide. AVA events take place on premarked trails with checkpoints located along the route to ensure your safety. Designated start points are open for several hours to allow you to enjoy your journey at your own pace.



Reward Yourself

While the greatest reward for exercise is good health and fitness, the AVA offers a unique way to record your walking adventures through our International Achievement Awards Program. It provides patches, pins, and certificates for reaching milestones in the number of events attended and total distance completed.

There are also Special Programs that center on a theme, historic event, natural or scenic beauty, or have an educational or cultural enrichment. Visit www.ava.org/specprog for more information.

Join us and discover why we are America's Walking Club!

Our Mission

The AVA is the advocate for the promotion and organization of walking and other noncompetitive sporting events that encourage

Fun, Fitness, Friendship.



Our Vision

Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.



Visit the AVA Website

AVA offers an array of programs for individuals of all ages and abilities. Visit the AVA website at www.ava.org for additional information regarding clubs, scheduled events, membership and sponsorship.



CONTACT US

Join a club or get involved by contacting an AVA representative in your state today!

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FOLLOW US

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BENEFITS OF WALKING

Lowers the risk of obesity

Improves Circulation

Reduces the risk of coronary heart disease

Reduces high blood pressure

Reduces Cholesterol

Prevents some cancers

Strengthens memory

Enhances mental wellbeing

Treats Depression

Relieves stress

Reduces social isolation

LIVE A LONGER HEALTHIER LIFE!



**AMERICA'S
WALKING CLUB**

— ESTABLISHED 1976 —



WWW.AVA.ORG



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**COME WALK
WITH US!**