



## Idaho Walk Bike Alliance

P.O. Box 1594 Boise, ID 83701  
(208) 345-1105  
[www.idahowalkbike.org](http://www.idahowalkbike.org)

Contact: Bob Anthony  
208-869-6090 or 208-345-1105  
[bob@idahowalkbike.org](mailto:bob@idahowalkbike.org)

FOR IMMEDIATE RELEASE

### Join Us For National Walk to Work Day!

*Friday, April 6, 2018*

**Boise, Idaho** March 29, 2018 – Idaho Walk Bike Alliance (IWBA) will celebrate National Walk to Work Day on Friday, April 6<sup>th</sup>. The purpose of the event is to encourage more people to walk to work rather than drive their cars.

In Boise, walkers will meet at 7:30 am at Hyde Perk Coffee House at 1507 N 13th, in Hyde Park, Boise. Hyde Perk is offering walkers a **dollar off on any drink** of their favorite morning beverage. Walkers will head down 13<sup>th</sup> Street toward downtown for approximately a mile-long walk.

“We want people to see that walking to work is fun and easy,” said Cynthia Gibson, Executive Director of the IWBA. “We hope that the participants won’t even notice they are getting exercise because they will be having such a great time connecting with new and old friends.”

If you can’t join the group at Hyde Perk Coffee House for a mile long walk, then IWBA encourages you to walk part of your daily commute or if you can, walk all the way. You can take the bus and walk from the bus stop to work. You can also choose to walk from the furthest parking space to extend your walking distance to work or take a walk on your lunch break. Every step counts.

Years of medical research has shown that walking is one of the best ways to stay healthy and keep your body in shape. Walking 30 to 60 minutes per day greatly reduces your risk of contracting heart disease, cancer, stroke and diabetes. By finding time to walk every day you will feel better, look better, and lower your stress levels. The only equipment required for this event is a pair of comfortable shoes.

The Idaho Walk Bike Alliance is a statewide non-profit promoting active transportation as healthy, safe and reliable for all Idahoans. For further information, please go to [www.idahowalkbike.org](http://www.idahowalkbike.org)

Walking. Biking. Going Places.