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Bryan to Launch 'Walk Out Wednesday' as Part of Health and Wellness Push

Coronavirus / **Published On July 12, 2022 05:48 AM /**

Staff Consortium **July 12, 2022**

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Government House on Monday announced that Governor Albert Bryan will launch “Walk Out Wednesday” on July 20 as the first territory-wide event that is part of the Office of the Governor’s “Our Best Life Health and Wellness” initiative.

Gov't House says the goal of the “Our Best Life” initiative is to improve the physical, mental and emotional well-being of all Virgin Islanders through a series of events, activities and services. The Department of Sports, Parks and Recreation will be leading this first event, and will have similar activities and events coming in the next few weeks.

The “Walk Out Wednesday” walking fitness challenge is open to everyone and all ages in an effort to motivate a routine that allows for a healthier and more active lifestyle, according to

Richard Motta, the administration's communications director.

The event requires only 1 day of walking for 2 miles for six weeks, and participants will receive an official “Our Best Life” Team T-shirt, wristband, and towel, according to the release.

Walkers on St. Croix will meet at Midre Cummings Park at 5:30 pm and walk to Frederiksted Pool which is about 2 miles one way and 2 miles back which would be about 4 miles.

Walkers in St. Thomas will start from Griffith Park and go to Yacht Haven Grande which will be about 1.4 miles one way and back, so almost 3 miles total.

St. John walks will begin at the Virgin Islands National Park ballpark to Caneel Bay Hotel and back. The walk will be about 1.5 miles one way and back would be about 3 miles.

For more information about participating, call 340-727-3264.

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