Ready. Set.
GO WALK HOUSTON!

The Go Healthy Houston Task Force in partnership with the Houston Health Department and the Houston Parks and Recreation Department are answering the nationwide Call to Action, presented by the Surgeon General’s Step It Up campaign, to bring you GO Walk Houston.

Go Walk Houston is a movement to walk more each and every day: at home, at school, or at work. Whether it’s taking the stairs or walking that extra mile, the Go Healthy Houston Task Force is here to push you forward.

So let’s go Houston! Let’s show each other how we walk and stay active!

GRAB YOUR SHOES. SET YOUR PATH. GO WALK HOUSTON!

Join the campaign!
GO Walk Houston welcomes all individuals and organizations to be active and promote walking and walkability where they work, live and play.

- Get connected to individual and organizational resources that supports active living
- Share opportunities to start and maintain active living across the lifespan
- Learn how worksites are supporting employee health through active living practices
- Get connected to each other: inspire fellow Houstonians to walk

Organizations and worksites practicing active living principles may be highlighted by registering online.

Learn more at: gohealthyhouston.org/gowalk

Questions? Email: gowalkhouston@houstontx.gov

Join Us On Social Media:
Get involved and inspire others by showcasing where you walk and stay active using the hashtag #GOWALKHOUSTON.