WALKING AS A PRACTICE: WHAT DOES IT MEAN TO YOU?

Marionette Audifferen
“Walking is a revolutionary act of self care.” GirlTrek

- African-Americans suffer from cardiovascular disease, more than any other demographic. It is even higher in Black women.

- Risk factors and cultural stressors play a role.

- My self-care journey began by walking with GirlTrek.
“Of all the paths you take in life, make sure a few of them are dirt.” John Muir

• What is hiking?

• Typical places to hike

• Types of hikes
I go to nature to be soothed and healed, and have my senses put together.”  
John Burroughs

- I hike to heal my body.

- I hike to gain clarity.

- I hike to bask in the glory of God.
“In all matters, before beginning, a diligent preparation should be made.” Marcus Tullius Cicero

- Preparation
- Gear
- Hiking principles
“Black people don’t hike.”

- Lack of representation
- Barriers to participation
- Minorities are taking up space outdoors.

Video Resource:
National Parks: Inside a Movement to Attract More Visitors of Color (National Geographic; Youtube)