

Earth Day Walk

At 400 South Hope

LET'S GET MOVING

Toward a Greener, Healthier Lifestyle



Each Little Step Makes a BIG DIFFERENCE

CO₂



By choosing walking over driving for quick workday errands, you can prevent 20-40 pounds of carbon dioxide emissions per day.

Walking can help to decrease traffic, unwanted noise and air pollution by up to 30%.

Walking for 30 minutes 3-5 times per week can significantly increase your lifespan, decrease risk of serious health problems and help you burn up to seven pounds per year.

Join us as 400 South Hope celebrates Earth Day with a quick walk around downtown.



FOUR HUNDRED
SOUTH HOPE

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CBRE

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