9 December 2021 – We're excited to announce the return of the global *Walk the Talk: Health for All* challenge this UHC Day. Hosted by the World Health Organization, in partnership with Expo 2020 Dubai and the Ministry of Health and Prevention of the United Arab Emirates, this year's 24-hour global walkathon will feature people of all ages and abilities walking and moving in any way they can to call for better health for everyone, everywhere.

Attendees at Expo 2020 will kick off the challenge and be joined by a cadre of frontline health workers on 12.12, and invite you to participate anywhere you are around the world.

How to participate

No matter where you live, you can participate in Walk the Talk! Every step you take will help to promote healthy practices, encouraging all of us to ensure good physical and mental health. This UHC Day, walk in global solidarity to amplify the call for #HealthForAll! Here's how:

STEPPI

Download the STEPPI app through this link or the QR code below and join the Walk the Talk: Health for All challenge. The app will automatically count your steps throughout the day, along with participants from across the world walking towards better health for all. Take a screenshot or photo of yourself on the move and post it to social media with the hashtag #UHCDay.

Sign up today and don't forget to share photos and posts on social media! You can also find graphics, key messages and other content to post on your channels on the UHC Day 2021 tool kit .

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