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DOCTOR CONTINUES WALKS ACROSS AMERICA FOR HEALTH EQUITY AND HEALTHY AMERICA

Knoxville, TN - Dennis Godby, 67, ND, MA, a Sacramento, California Naturopathic Doctor (ND), will continue his solo walk across America - *Walk USA for Health Equity (WUHE)* - walking 680 miles, on the second-fifth of the journey from Knoxville, TN to Milwaukee, WI, August 29-September 27, 2023, also walking through the states of Kentucky, Indiana, and Illinois. This is Dr. Godby's third crossing of the USA on foot; his first run across America is documented on www.USACrossers.com.

Dr. Godby's newly released book, *Health for All: A Journey Towards Health Equity*, chronicles his journeys on foot for social justice and health, and, most recently, his experiences from the first segment of the 2022 walk.

Dr. Godby recently received the 2023 "True Grit" award by the American Association of Naturopathic Physicians at the national convention in Phoenix.

www.WalkUSAForHealthEquity.org

Dr. Godby, ND, will meet media at 4:30 pm in front of every city hall, unless otherwise indicated. See daily itinerary: <https://walkusaforhealthequity.org/about/>

WUHE will raise awareness of the term "health equity," and health disparities, and its causes such as 'implicit bias.' WUHE advocates for all Americans having the opportunity to be healthy, by removing the obstacles to health, such as structural racism, and teaching practical ways to get and stay healthy.

Dr. Godby walks one-fifth of the country each year and is partnering with local organizations, health equity advocates and others to host community health forums on the day Dr. Godby passes through town. The public events may also include health fairs with blood pressure, glucose and other free health checks.

The first leg of the walk—610 miles —Myrtle Beach to Knoxville, was completed on October 10, 2022. The 3rd to 5th legs, Milwaukee, WI to Seattle, WA, will be completed in 2024, 2025 and 2026. WUHE will continue as a movement even after the goal of reaching Seattle has been completed. Dr. Godby hopes to walk 87,000 more lifetime miles for health equity.

Dr. Godby walks an average of 24 miles per day and wears a 22–24-pound backpack, camps along the way, or stays with people along the route. His day begins about 6:30-8 am, and ends about 4-5 pm, depending on planned local events, media, and unforeseen factors.

As a 45-year veteran of long runs and walks of conscience for health and social justice, Dr. Godby, hopes to inspire a more health equitable and healthier nation.

