Steve Doocy Gets His Steps in on ‘Morning Walk’



Aaron Sorkin pioneered the TV walk-and-talk on primetime favorites like Sports Night, The West Wing, and The Newsroom. But Fox & Friends co-host **Steve Doocy** prefers to get his steps—and conversation—in well before lunchtime.

TVNewser can exclusively reveal that, starting today, Doocy will regularly be lacing up his shoes for Fox & Friends’ newest live segment, Morning Walk. The recent Florida transplant will be accompanied on his inaugural Palm Beach ramble by Fox News colleague **Bret Baier** and film and television veteran **George Hamilton**, the well-tanned star of oft-rented VHS-era comedies like Love at First Bite and Zorro, the Gay Blade.

“When people go on their morning walk the idea is to get some exercise and fresh air,” Doocy tells TVNewser. “The added value is that they wind up seeing their friends and neighbors and talk about what’s going on in their worlds. It is for most people their first (and sometimes only) real conversation of the day.

The idea for Morning Walk grew out of Doocy's experiences during the height of the Covid-19 pandemic, when he took daily four-mile walks with a neighbor in his former home state of New Jersey. "We discussed and solved all the world's problems by the end of every walk," he jokes.

His conversation with Baier and Hamilton won't be quite as high-stakes. The trio plan to break down their preferred post-wake up rituals and swap tales of family life and trips taken for personal and professional reasons—like Baier's just-concluded sojourn in the Middle East as part of the press corps covering President **Donald Trump**'s visit to the region.

"We want to televise that morning walk with interesting, famous, or powerful people we all know, but don't know much about their personal lives," Doocy says, promising that "no editing" will get in the way of the free-flowing conversation. Here's hoping that coffee breaks are on the menu.

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