

FUN WAYS TO INCORPORATE WALKING



WALK TO SCHOOL

- Walk with your child to school or let them walk with friends. If walking the whole way isn't an option, park a few blocks away and walk the rest of the distance together.

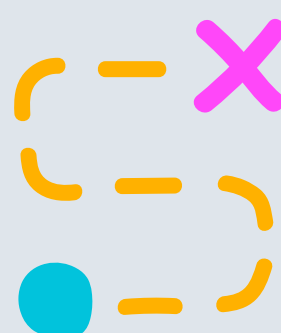
MAKES WALKS AN ADVENTURE

- Turn a regular walk into a nature scavenger hunt, animal-spotting challenge, or a storytelling walk where kids take turns adding to an imaginative tale as you walk along.



TAKE MOVEMENT BREAKS

- At school or home, short walking breaks can help kids refocus. Walk around the playground, take a lap around the classroom, or do a quick indoor walking game when transitioning between lessons or classrooms.



FAMILY WALKS AFTER DINNER

- Create a family tradition of post-dinner walks to wind down the day, chat about what happened, and enjoy fresh air together. Even a 10 - 15 minute stroll can make a difference.

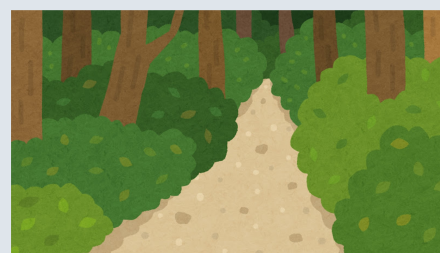


WALKING GAMES & CHALLENGES

- Make walking fun with step challenges, a walk-a-thon or a "walk like an animal" game where kids take turns imitating different animals as they walk.

VISIT PARKS & WALKING TRAILS

- Exploring new places makes walking more exciting. Plan trips to parks, nature trails, or even your local zoo, where walking is part of the adventure.



WALK INSTEAD OF DRIVE

- If you're heading to a nearby store, library, or friend's house, choose to walk instead of drive. It teaches kids that walking is a convenient and healthy mode of transportation.

