In this packet, you’ll find lots of info on how to create a walking program at your school. Take an extra step to better health and start walking today!

BROUGHT TO YOU BY ADVOCATES FOR HEALTH IN ACTION

Advocatesforhealthinaction.org
Start A School Walking Program

Starting a school walking program is a great way to add extra exercise to your daily routine. Here are a few tips to get one started at your child’s school.

Engage
Ask parents, neighbors and friends that go to your child’s school to join you on an organized walk. Asking PTA or volunteer groups you are a part of is a great start, too.

Plan
Brainstorm fun ideas with your group about how to increase walking at your child’s school. Try these ideas:
> Don’t take the bus. Instead, organize a “walking school bus” with kids and parents in your area.
> Play follow the leader. Ask your school administration to lead a walk.
> Start a before or after school walking club. Try walking on the playground while kids play.
> Use pedometers as motivators.
> Create a simple map of where it’s safe to walk.
> Challenge your group to walk across our state or the US! Just calculate how many steps it takes to get there and track your progress.

Promote
Walking to school makes sense, and it helps to remind others of its benefits:
> It’s FREE
> No special equipment or space is needed.
> It’s safe.
> Anyone can feel the success of walking no matter the fitness level.

Have Fun
Walking games and scavenger hunts are a great way to engage and get to know the members of your group. Make the scavenger hunt even more fun by taking a trip to the zoo, aquarium, museum or other fun destination. Don’t limit yourself to these ideas. Think outside of the box!
> Eye spy game
> Create walking songs
> Scavenger hunt categories:
  > Plants, animals, nature or gardens
  > Holiday themes or decorations
  > Vehicles
  > Architecture or types of houses
  > People watching

Brought to you by Advocates for Health in Action

Advocates for Health in Action is a group of diverse organizations and community members who are shaping the environment throughout Wake County so healthful eating and physical activity are the way of life.

Advocatesforhealthinaction.org
Use this calendar to log your walking routine and to help track your progress. For more information on walking programs and other healthy activities, visit advocatesforhealthinaction.org.
Why Should I Stretch?

Research has shown that people who add flexibility exercises into their workout routines gain an average of 20% more strength than those who do not stretch. Flexibility is the ability to move a joint through its range of motion. Maintaining flexibility is necessary for optimal performance of your body. A body that is flexible is less prone to injury and to low back pain. Studies have shown that stretching may also improve circulation to joints and may actually help decelerate joint degenerative processes. Stretching at the end of your workout may be the most efficient way to produce permanent gains in flexibility since the muscles and ligaments are more flexible after exercise than before.

Warm-up and Cool-down Stretches

Warming Up & Cooling Down

PROVIDED BY WAKE COUNTY HUMAN SERVICES HEALTH PROMOTION CHRONIC DISEASE PREVENTION PROGRAM
Pedestrian Safety Rules For Kids
PRESENTED BY SAFE KIDS WORLDWIDE

1. Cross the street at the corner or at a crosswalk if there is one. Make sure to obey all traffic signals.
2. Walk on a sidewalk. If there is no sidewalk, walk on the left side of the street to face oncoming traffic.
3. Walk with an adult until you are at least 10-years-old.
4. Only cross in front of a school bus when the driver says it is safe. Do not cross behind the bus or where the driver can’t see you.
5. Hold an adult’s hand when you cross the street. Look left, right and left again before you cross. Keep looking both ways until you reach the other side.
6. If you walk when it is dark, wear light-colored clothing or clothing with reflective material so drivers can see you. Carrying a flashlight is always a good idea, too.
7. If a toy or pet goes into the street, ask an adult for help getting it back.
8. When you are outside playing, play in a backyard or playground. Make sure you stay away from the street or parking lots.
Games and scavenger hunts are fun to play while on a walk. Here is an example of one your group can play. Don’t stop here! Get creative with other fun ideas that will engage everyone in your group.

**People Peepers**

Can you find these people? Be the first to check off each kind of person on this list, and win the game. Good luck!

- Woman carrying a purse
- Baby in a stroller
- Bald man
- Person with a briefcase
- Man with long brown hair
- Woman with short blonde hair
- Woman wearing red
- Man wearing a blue cap
- Person carrying a shopping bag
- Child carrying a toy
- Family of four
- Man wearing a red tie
- Couple holding hands
- Person talking on a phone
- Man with a beard
- Person walking a dog
- Man with a mustache and no beard
- Redhead
- Twins or two people dressed alike
- Person wearing glasses