

Walk Maryland Adventure Guide

Enjoy these fun walking activities throughout the week!

Weekly Challenge

Jazz Up Your Walk Take a Break Inside Moves "You've Got This!"

Take it Outside

#Goals

This week, challenge yourself to take at least 3 5-minute walking breaks each day. Walk as quickly as you can during these walking breaks.

Play I Spy while you walk--take turns picking an object everyone can see, and letting others guess it based on questions they ask.

Take a break from the screen and channel your inner animal! Practice walking like different animals: ducks, crabs, snake, cat, and bear. Can't go outside? Walk the hallway and stairs. Set a time goal!

Find a walking buddy to keep you moving. Walking with someone else will help to keep you motivated and provide encouragement when staying active is hard.

Picking up school meals? Take a walk around the school campus before you pickup the food! Set your goal(s) for Walktober! Is it to take more breaks during the day? Be more active with children? Stay connected with friends and family? Once you have a goal you can work to achieve it!



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