



Walk Maryland Adventure Guide

Enjoy these fun walking activities throughout the week!

Weekly Challenge

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.

Jazz Up Your Walk

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

Take a break from the screen and channel your inner animal! Practice walking like different animals : ducks, crabs, snake, cat, and bear.

Inside Moves

Can't go outside? Walk the hallway and stairs. Set a time goal!

“You’ve Got This!”

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.

Take it Outside

Picking up school meals? Take a walk around the school campus before you pickup the food!

#Goals

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!