

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 a friend to join you in your Walktober mission. Can you do one of the activities suggested in person, over the phone, or update one another on your progress?

Get to know your walking partners better during your walk using conversation starters. Pick a song of the day! Each person picks the song they want everyone to dance to during breaks. Which song made dancers have the best moves?. On rainy days, use your house as an obstacle course. You can line up chairs to walk around, pillows to jump over, and tables to crawl under.

Remind yourself that walking time is "you" time. If you are feeling stressed out or have spent the day "pent up inside", take this time for yourself to clear your head, get some fresh air, and get your heart pumping. Walking can help you to improve your mood and feel more

energized.

Spelling Bee:
During a walk,
have children
challenge each
other—and
you—to spell
words based on
what they can
see, such as
"crow" or
"cement" or
"caterpillar."

Pick a goal for your walk today. Is it until you see 3 fire hydrants, or pass 20 cars? Choose a new and fun goal that will determine the length of your walk!

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