

# **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

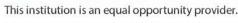
Let's not forget healthy eating is important too! This week, can your family vote on a fruit or vegetable for the family to try together? Go on a Bear Hunt! Read the book, "We're Going on a Bear Hunt" by Michael Rosen or watch this video. Then, take a bear hunt walk with your family!! Every hour take 5 minutes to walk 2 laps around your house.

Stuck inside? Make your hallway your new soccer field. All you need is a soft ball or sock ball and a family member. Score! Walking is more than just exercise! Moving your body and spending time outside can help maintain good physical and mental health as we move toward winter.

When You Hear ...: Pick a trigger sound, such as a car horn or a bird's chirp. Line up in single file and start walking. When you hear the sound, the first person in the line has to run to the back. Continue until everyone's had a turn to lead.

Put on your headphones and play your favorite music. On the first day, try to walk through 3 songs. Each day after, add one more song until you have walked 30 minutes!





This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.