



Walk Maryland Adventure Guide

Enjoy these fun walking activities throughout the week!

Weekly Challenge

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?

Jazz Up Your Walk

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!!

Take a Break

Every hour take 5 minutes to walk 2 laps around your house.

Inside Moves

Stuck inside? Make your hallway your new soccer field. All you need is a soft ball or sock ball and a family member. Score!

"You've Got This!"

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.

Take it Outside

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.

#Goals

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!