



Walk Maryland Adventure Guide

Enjoy these fun walking activities throughout the week!

Weekly Challenge

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?

Jazz Up Your Walk

Get to know your walking partners better during your walk using conversation starters.

Take a Break

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?.

Inside 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.

“You’ve Got This!”

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.

Take it Outside

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.”

#Goals

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!