

# Celebrate "WALKtober!!!"

## October is National Walking Month

### Simple Steps to Get Your Feet Moving



#### WALK WITH FRIENDS OR CO-WORKERS

Instead of meeting up for coffee or a meal, consider a walking date to catch up with a friend or meet at a remote location and walk to your favorite coffee shop or lunch spot.



#### WALK TO SCHOOL OR WORK

Join the many students and adults alike who are making a point to walk to school or work in October. If you can't walk the whole way, consider parking at a distance and walking from there. For young kids, about 1/2 mile or less is a reasonable walking distance to school.

#### WALK AND SHOP

Instead of driving from store to store, park centrally and walk to each location. This is a fun way to check two things off your list: your workout for the day and picking up those essentials at the store.



#### FAMILY WALKS

Just like family dinners, family walks can be a fun way to hear about everybody's day and talk about family activities. You can walk around the neighborhood or head to a park for a bit of extended family play time. Don't forget to bring the family dog!

#### MINI-WALKS

When time is short, get creative and take a mini-walk instead! Try parking at the end of the parking lot, taking the long way to the restroom at work or walking around the block one time before heading into your house after work as simple ways to up your step count each day.



**BE SAFE, BE SEEN!** Use crosswalks, obey traffic signals, and wear reflective clothing or a light when its dark!



The Woodland Safe Routes to School Program is here to help Woodland's youth safely walk, bike and roll to school. For more information about our program, visit [www.yolocounty.org/SRTS](http://www.yolocounty.org/SRTS) or contact Rebecca Tryon at [rebecca.tryon@yolocounty.org](mailto:rebecca.tryon@yolocounty.org).

