



## Walk with a Purpose: Walk It! Club Suggestions

Walking is a great form of exercise and you can fit it in whenever and wherever it works! Try some of the walking activities below to get your whole school excited about joining the Walk It! Club. Remember, the goal is to get as many people walking – and tracking their activity time – as possible! Get family, friends and the entire school community involved.

- **Interval Walk:** Work with your Program Advisor(s) to set up a walking circuit with stretching and strength activities at each corner of your school's football field, track or gym. For example, walk a lap, then do a standing stretch for 30 seconds, then walk a lap and do a sitting stretch, then walk another lap and do some jumping jacks, and so on.
- **Mix-It-Up Walks:** Mix it up and walk different ways for limited amounts of time (e.g., backward, sideways slide, skipping, lunges). For example, do a backward walk for one minute, then regular walk for one minute, then sideways slide for one minute, then regular walk, etc.
- **Cross-Country Walk:** Work with your Program Advisor(s) to set up a cross-country walk or hike. Create a map of the walking course, split into teams and take pictures along the way.
- **Football-Golf Walk:** Set up a walking golf tournament on the football field, track or gym. All you need are some hula hoops and footballs. See if you and your classmates can throw the football into the hula hoop for a hole-in-one!
- **Treasure Hunt:** Set up a walking course around the school with a set of clues to follow. Give prizes to the teams that finish first.
- **Card-Shuffle Walk:** Place several decks of cards at various locations around the designated school walking area. Pick up one card without looking at it, and walk to as many areas as possible, picking up a card at each spot, within a time limit. Add up the points from the cards each person collects, and hand out prizes for high- and low-point totals.
- **Weekly Walking Calendar:** Recruit the art teacher and other artistic students to help you design a weekly walking calendar that highlights different goals for each day. For example, Monday – Walk with a friend; Tuesday – Walk and do lunges; Wednesday – Walk to school; Thursday – Walk 15 minutes in one direction and return to the starting spot by retracing your path; Friday – Walk and count your steps.
- **Know Your Community:** Work with your Program Advisor(s) to organize walks around the community and identify different types of businesses and professional offices along the route.
- **Off-Campus Walks:** Walk before and after school, and encourage your friends to join you, too!

**Safety first!** Be sure you work with your Program Advisor(s) and other school adults to help you arrange this and ensure that the walking routes are safe. Keep parents informed about any out-of-school activity suggestions.