

WALK THIS WAY TO BETTER HEALTH

AMERICA'S HEALTHIEST SCHOOLS

Looking for simple and inclusive ways to get students and staff moving more? Start a walking or running club at your school or site. Walking clubs don't have to be expensive or time-consuming and you don't need any fancy equipment to get everyone on their feet.

Follow our tips to get your club "up and running" today.

TIP #1

- ▶ [SEE HOW GARDEN CITY SCHOOL DISTRICT MADE IT WORK IN KANSAS](#)

SET GOALS TO WORK TOWARDS AND HELP KIDS TRACK THEIR PROGRESS

Print and laminate lap-tracking sheets numbered 1-50, 50-100, 100-150, and more so that students can carry them while they're running. Station teachers or parent

volunteers on the track or field and after each lap, ask volunteers to punch a hole in their sheet next to the next number.

TIP #2

- ▶ [LEARN MORE ABOUT INCORPORATING ACADEMICS INTO WALKING](#)

INTEGRATE YOUR WALKING OR RUNNING CLUB INTO ACADEMICS

There are endless ways to connect movement and learning, which is especially important because studies show that active kids learn better. What creative ways can you think of to make the connection?

For example: Tackling a unit on the life cycle of a butterfly? Challenge kids to walk the distance of a monarch migration—a whopping 2,000 miles throughout their lifetime! Exploring the metric system? Track students' distance in kilometers and ask them to make the conversions.

TIP #3

- ▶ [GET MORE IDEAS ABOUT HOW TO REWARD KIDS IN HEALTHY WAYS](#)

CELEBRATE PROGRESS TO KEEP KIDS ENGAGED

Give students a certificate (these can be printed at school or by a parent volunteer at home) each time they reach a milestone, such as 100 laps or 20 miles. To make your site or school community aware of kids'

accomplishments, design a bulletin board and highlight milestones by placing a different sticker next to kids' names or photo for each one they surpass.