

MONTHLY MOTIVATOR: JANUARY



Happy New Year from Iowa Safe Routes to School! Iowa Safe Routes to School invites you to start the year by getting outside and enjoying the winter weather! Bundle up and go for a walk, take a hike or play outside.

- Walk to your nearest park
- Build a snow sculpture or fort
- Go for a walk around your neighborhood
- Go snowshoeing, sledding or ice skating
- Do a random act of kindness and shovel a sidewalk
- Go for a hike



Reasons to Get Moving in January



Take the Stairs Day - 13th
Martin Luther King Jr. Day - 18th



INRCOG
Iowa Northland Regional
Council of Governments

