DON'T HIBERNATE, PARTICIPATE!

WINTER WALKING CHALLENGE

BUNDLE UP AND GET OUTSIDE!

INRCOG
Iowa Northland Regional Council of Governments

SAFE ROUTES TO SCHOOL Iowa

WINTER WALKING CHALLENGE

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BUNDLE UP AND GET OUTSIDE.

Meet the challenge of winter walk day by tracking outdoor activities this month. There are many benefits to staying active all year long. You just need to add a few more layers of clothes and take family or friends outside for these simple and low cost ideas.

	Tried it!	Tried it again!
1) Winter Walking Scavenger Hunt - walk around the neighborhood, school or nearest safe path. Check off as many things on the list as you can and then draw a picture or share a story of something memorable on your walk.		
2) Make snow castles and sculptures- use the snow just like you would packing wet sand to make snow castles, add food coloring and water in a spray bottle and decorate.		
3) Check with local parks and rec programs or libraries for free or low cost snow shoe, cross country ski, ice skates and sledding rentals in the area.		
4) Plogging - Swedish fitness craze combines "plocka" - meaning to pick and "jogging". Burn calories and help beautify the neighborhood, bring a small sack to pick up bits of litter while out exercising.		
5) Shovel someone else's sidewalk in a random act of kindness.		
6) Create your own outdoor walking activity.		

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J	M	R	Z	M	M	T	T	J	U	T	X	I	T	Y	S
M	H	T	H	I	A	Q	Y	I	P	S	C	P	P	E	Q
M	I	H	Y	T	Q	R	Z	N	U	E	L	K	V	F	I
O	K	H	Z	T	T	Q	W	I	W	Y	C	O	Q	U	C
M	A	S	K	E	P	G	M	O	L	D	L	V	H	W	O
R	V	B	C	N	F	R	A	C	S	G	N	D	N	A	C
K	X	X	Z	S	L	Z	V	S	V	M	D	I	A	L	E
T	Z	T	J	F	I	L	T	T	Q	K	Q	I	W	K	P
A	F	K	X	C	U	N	R	X	X	G	M	T	Q	U	Y
H	G	O	V	P	A	N	U	T	X	N	K	C	M	Y	G
B	K	I	I	P	B	S	F	A	P	I	D	I	N	G	Z
X	S	R	W	I	B	O	R	O	T	B	P	L	P	J	E
M	M	O	S	N	O	W	O	C	T	P	D	L	O	Q	G
F	N	E	L	Q	B	K	R	T	G	Y	A	Z	F	C	R
S	J	F	O	Z	T	K	B	H	S	Y	K	C	X	O	N
U	B	J	B	D	A	S	T	D	S	G	C	Q	E	J	N

BOOTS
COAT
COLD
FUN
GLOVES
HAT
ICE
MASK
MITTENS
PLAY
SCARF
SNOW
SNOWPANTS
WALK
WIND

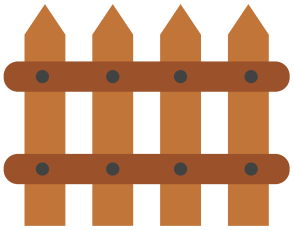
SAFE ROUTES TO SCHOOL Iowa

WINTER WALKING SCAVENGER HUNT:

DON'T HIBERNATE, PARTICIPATE!
BUNDLE UP AND GO FOR A WALK.

HOW MANY CAN YOU SPOT ON YOUR WALK?

Stop Sign


Fence

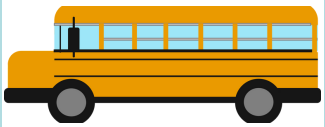
Yield Sign

Decorated House

Fire Hydrant

Crosswalks

Playground


School Bus

Street Sign

Snow Play

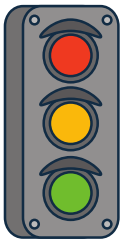
Crosswalk Sign

People Walking

Speed Limit Sign

Snow Sculpture

Bike


Traffic Light

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IN THE SPACE BELOW DRAW A PICTURE OR WRITE ABOUT SOMETHING SPECIAL YOU SAW ON YOUR WALK.

ASK A GROWN UP TO HELP SHARE IT WITH US ON OUR SOCIAL MEDIA PAGE OR EMAIL.

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