

Our Healthy Year challenges: Wicked walkers

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Wicked walkers. There are some activity ideas below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready to get walking?



Wicked walkers

- Go out for a walk even if it's just around the streets where you live. You'll be surprised how much you notice!
- Walk to the local shop for milk or a newspaper instead of buying it at the supermarket or online.
- Try counting the number of steps on the walk to school or the shops.
- Next time you go out, ask yourself whether you could walk or cycle instead of taking the car or public transport.
- Join in with a sponsored walk.
- Try the Couch to 5km challenge and get the whole family walking (search online).
- Check your local council's website to see if they have any guided walks.

