



OCT. 1 – 31, 2020

WALKTOBER MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
			<p>1 mappmycity.ca</p> <p>Did you know that the City of Windsor has a My School Neighbourhood app to help you plan your daily commute?</p>	<p>2 Park and walk.</p> <p>Why wait around bored in traffic in the car? Park the car further away & walk.</p>	<p>3 Get social.</p> <p>Plan outings with friends or family to outdoor areas where walking is the main activity.</p>	<p>4 Stretch and unwind.</p> <p>Practicing yoga for 30 minutes is equivalent to walking 3,000 steps.</p>
<p>5 Carry the right bag.</p> <p>Don't overload your body with too much weight when walking. Only pack what is necessary.</p>	<p>6 12,000 steps?</p> <p>Start knocking off some of those daily recommended steps on your way to and from school.</p>	<p>7 Did you know?</p> <p>64% of Canadians live within 2.5km of a routine destination like school. That's close enough to walk!</p>	<p>8 Walk it off.</p> <p>A daily walk can do wonders for a bad mood and help shake off a bad day.</p>	<p>9 Leave plenty of travel time.</p> <p>Try walking to school on your days off to see how long it takes.</p>	<p>10 Go on a modern day, high tech treasure hunt!</p> <p>Download a geocache app, choose a geocache in your area and find it using a smart phone!</p>	<p>11 Try a silly walk!</p> <p>Who says walking has to be boring? Throw in a dance, a lunge, a twirl, or anything else that you want!</p>
<p>12 Work off that turkey dinner.</p> <p>Get the family to go for a walk after dinner to help with digestion.</p>	<p>13 Put your green thumb to work.</p> <p>Gardening for 30 minutes is equivalent to taking 2,800 steps!</p>	<p>14 Did you know?</p> <p>To work off a bowl of Cheerios and skim milk, you need to take a 35 minute stroll.</p>	<p>15 Get off the bus one stop early.</p> <p>A few minutes of walking can make you feel more energized for the day ahead.</p>	<p>16 Sleep deep.</p> <p>A daily walk can reduce sleepless nights & improve your sleep quality.</p>	<p>17 Did you know?</p> <p>Cars are the largest source of greenhouse gas emissions. Help the environment by walking or cycling to school.</p>	<p>18 Explore local trails</p> <p>Hiking tones your quadriceps, hamstrings, calves, core muscles, & upper back. Check out the Parks, Trails & Recreation Map at citywindsor.ca</p>
<p>19 Add some poles.</p> <p>Walking with poles burns up to 47 percent more calories than walking alone.</p>	<p>20 Did you know?</p> <p>When you take 1 step you are using up to 200 muscles.</p>	<p>21 Too far to walk? Try cycling!</p> <p>Cycling at 24 km/h for 30 minutes is equivalent to walking 4,800 steps.</p>	<p>22 Walk right in!</p> <p>Leave the car behind. Head to your favourite store on foot instead.</p>	<p>23 Go on a Nature Walk.</p> <p>Have you been to Ojibway Park lately? A total of 247 species have been recorded in the Ojibway Prairie Complex.</p>	<p>24 Fall in love with walking.</p> <p>Take a walk and see all the fall colours.</p>	<p>25 Not breaking a sweat?</p> <p>Try adding a set of lunges, jumping jacks or squats into your walk every 10 minutes.</p>
<p>26 Did you know?</p> <p>It takes 55 minutes of brisk walking to burn off a can of pop.</p>	<p>27 Skip the elevator and take the stairs.</p> <p>Climbing 150 stairs is equivalent to walking half a kilometre!</p>	<p>28 Plan ahead.</p> <p>Map your walk or bike ride using Google Maps to determine which route works best for you.</p>	<p>29 Make the most of your time.</p> <p>Take the walk to school as an opportunity to plan out the rest of your day.</p>	<p>30 Did you know?</p> <p>The Great Trail of Canada passes through Windsor. Can your school walk enough to cover all 27,000km?</p>	<p>31 Happy Halloween!</p> <p>Walk around the neighbourhood and check out all the spooky decorations.</p>	

LOG YOUR WALKING TRIPS AT ACTIVESWITCH.CA/COMMUNITY FOR A CHANCE TO WIN!