



OCT. 1 – 31, 2020

WALKTOBER MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
			<p>1</p> <p>Park and walk. Spare yourself the stress of circling around the parking lot looking for the perfect spot. Park your car further away & walk.</p>	<p>2</p> <p>Discover a new lunch spot. Utilize your lunch hour by taking a walk around the block.</p>	<p>3</p> <p>Carry the right bag. Don't overload your body with too much weight when walking. Only pack what is necessary.</p>	<p>4</p> <p>Stretch and unwind. Practicing yoga for 30 minutes is equivalent to walking 3,000 steps.</p>
<p>5</p> <p>Going shopping? Stroll around the entire mall before you start shopping—and check out the sales while you're at it!</p>	<p>6</p> <p>Grocery haul? Bring your groceries in one bag at a time.</p>	<p>7</p> <p>Go on a modern day, high tech treasure hunt! Download a geocache app, choose a geocache in your area and find it using a smart phone!</p>	<p>8</p> <p>Slow mental decline. A daily walk can help reduce the risk of dementia.</p>	<p>9</p> <p>Sleep deep. A daily walk can reduce sleepless nights & improve your sleep quality.</p>	<p>10</p> <p>Did you know? 64% of Canadians live within 2.5km of a routine destination like school. That's close enough to walk!</p>	<p>11</p> <p>Leave the stilettos & tie in the closet. Take your partner on a walking date.</p>
<p>12</p> <p>Get social. Plan outings with friends or family to attractions where walking is the main activity (e.g. zoo or museum).</p>	<p>13</p> <p>Put your green thumb to work. Gardening for 30 minutes is equivalent to taking 2,800 steps!</p>	<p>14</p> <p>Did you know? To work off a bowl of Cheerios and skim milk, you need to take a 35 minute stroll.</p>	<p>15</p> <p>Get off the bus one stop early. A few minutes of walking can make you feel more energized for the day ahead.</p>	<p>16</p> <p>Leave plenty of travel time. Try walking to work on your days off to see how long it takes.</p>	<p>17</p> <p>Did you know? Cars are the largest source of greenhouse gas emissions. Help the environment by walking or cycling to work.</p>	<p>18</p> <p>Explore local trails Hiking tones your quadriceps, hamstrings, calves, core muscles, & upper back.</p>
<p>19</p> <p>Add some poles. Walking with poles burns up to 47 percent more calories than walking alone.</p>	<p>20</p> <p>Did you know? When you take 1 step you are using up to 200 muscles.</p>	<p>21</p> <p>Fall in love with walking. Visit a fall fair and get your steps in by visiting vendors and attractions on foot.</p>	<p>22</p> <p>Coffee Break? Leave the car behind. Head to your favourite café on foot instead.</p>	<p>23</p> <p>Set an alarm on your phone. Remind yourself to get up and walk around every 60-90 minutes.</p>	<p>24</p> <p>Too far to walk? Try cycling! Cycling at 24 km/h for 30 minutes is equivalent to walking 4,800 steps.</p>	<p>25</p> <p>Not breaking a sweat? Try adding a set of lunges, jumping jacks or squats into your walk every 10 minutes.</p>
<p>26</p> <p>Did you know? It takes 55 minutes of brisk walking to burn off a can of pop.</p>	<p>27</p> <p>Skip the elevator and take the stairs. Climbing 150 stairs is equivalent to walking half a kilometre!</p>	<p>28</p> <p>Plan ahead. Map your walk or bike ride using Google Maps to determine which route works best for you.</p>	<p>29</p> <p>Set a good example. Take the walk to school as an opportunity to talk about the importance of physical activity with your kids.</p>	<p>30</p> <p>Invest in a quality pair of shoes. A typical pair of walking shoes will last you for 500 kilometres of walking.</p>	<p>31</p> <p>Trick or treat! Walk with the kiddies as they trick or treat or walk around the neighbourhood to look at the spooky decorations.</p>	

LOG YOUR WALKING TRIPS AT [ACTIVESWITCH.CA/](https://activeswitch.ca/) WORKPLACE FOR A CHANCE TO WIN!