

**NATIONAL  
WALKING  
MONTH**

# #TRY20

## CHECK LIST

**TIP 1**

**INVITE FRIENDS  
AND FAMILY FROM  
YOUR HOUSEHOLD  
FOR A WALK**

**TIP 2**


**A WALKING  
(PHONE)  
MEETING**

**TIP 3**

**LET NATURE  
GUIDE YOU**

**TIP 4**

**WALK BEFORE  
YOU WORK**



**TIP 5**

**GET  
SNAPPY**




**TIP 6**

**WORK OUT  
FROM HOME**

**TIP 7**

**WALK TO  
THE LOCAL  
SHOPS**



**TIP 8**

**SCAVENGER  
HUNT**



**TIP 9**

**HAVE  
A FAMILY  
ADVENTURE**

**TIP 10**

**LET THE  
KIDS LEAD  
THE WAY**




**TIP 11**

**HAPPY  
SHOESDAY**




**TIP 12**

**TREAT  
YOURSELF**



**TIP 13**

**LOOK FOR  
RAINBOWS**



**TIP 14**

**ROMANTIC  
PROMENADE**



**TIP 15**

**A MINDFUL  
MEANDER**



**TIP 16**

**RATE  
YOUR  
WALK**



**TIP 17**

**PREPARE  
FOR THE  
WEATHER**




**TIP 18**

**MAKE  
SOMEONE'S DAY**



**TIP 19**

**POWER WALK  
TO THE FINISH**



**TIP 20**

**SHARE YOUR  
HIGHLIGHTS**

