



#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

