



OCT. 1 – 31, 2020

# WALKTOBER MONTH

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