



Wellness Walks

OCTOBER

Learn more at alamedacountysr2s.org



Overview: Due to Shelter in Place (SIP), we are shifting our monthly walk and roll events to address our collective needs. With SIP, many of us are finding that we are moving our bodies less than usual. We all know that getting a little physical activity is vital to our health so we encourage you to get up and out in a fun, safe, and healthy manner. Join us in our monthly Wellness Walks!

Each month we will offer a theme so that you and your family can explore movement in a fun and engaging way.

October: This month's focus is POSITIVITY!

Activities:

- Going outdoors and being active has positive health effects! Take a 15 minute walk (or bike ride).
- While on a walk talk about things that make you feel good (ex. a pet or a skill).
- Laughing is contagious - Share your favorite joke while on your walk.
- Spread the positivity! Give the people you are walking with a compliment or two.

Make sure to use [these helpful tips](#) on your walk!



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The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission (alamedactc.org) and is funded with Alameda County's local sales tax Measure B, regional, state and federal funds.