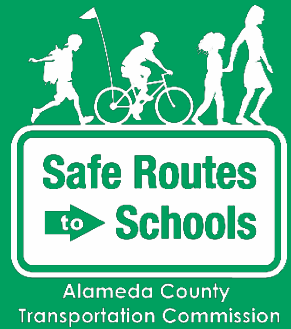




# Wellness Walks

## February

Learn more at [alamedacountysr2s.org](http://alamedacountysr2s.org)



### Theme:

A healthy heart is not only active, but also kind. In honor of National Heart Health month, February's theme is **Healthy Hearts**. Here are a few activities to keep our hearts healthy:

### Activities:

- While on your walk, look for and acknowledge acts of kindness done by others. (Ex: Did someone move out of their way for you on your walk? Thank them for giving you space to be healthy.)
- Get your heart pumping by doing something active and then thank your heart for pumping oxygen into your body.
- **HEART SHAPED NATURE SCAVENGER HUNT:** Create a heart using items you discover along your walk. Be sure to capture a photo of your masterpiece! Once you've taken your heart photo, we invite you to post it to social media using the hashtag #SR2SHeartChallenge. Be sure to tag the SR2S Program on Facebook ([@saferoutestoschool](https://www.facebook.com/saferoutestoschool)) or Twitter ([@AlamedaCoSR2S](https://twitter.com/AlamedaCoSR2S)), and your photo just might make a special appearance on our social media page!

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](http://alamedactc.org)) and is funded with Alameda County's local sales tax Measure B, regional, state and federal funds.*