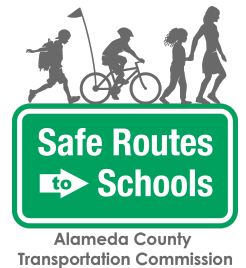


Ongoing Walk and Roll February



Theme: Healthy Hearts

To keep our hearts healthy, we need to do two things: stay active and be kind! February is National Heart Health month, and the month's theme is **Healthy Hearts**. Below are a few activities to keep our hearts healthy.

Activities your child or students might want to do before your walk and roll event:

- Grab some origami paper or a piece of square paper and make an [origami heart!](#)
- Write down 3 things that you like about yourself. Show yourself some love!

Activities your child might want to do during your walk and roll event:

- Get your heart pumping by doing something active for at least 10 minutes. For example, you might walk to school or bike with your family.
- Count your heart rate before your active movement by lightly pressing your thumb over your wrist. Then take a count after you finish your activity.
- Give compliments and affirmations to others or yourself during your walk and roll!

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



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 Measure BB sales tax, and regional, state, and federal funds.