



ENERGIZE YOUR WALK

Walking is a great way to stay active year-round. Try some of the activities below to help add movement and motivation to your family walk – you'll get more activity in and have some fun along the way!

IDEAS FOR YOUNGER KIDS

- **Follow the Leader:** Everyone follows the leader and copies their movements. Make sure everyone gets a turn being the leader!
- **I Spy:** Take turns trying to guess what another person "spies". Whoever guesses correctly then calls out a physical activity that everyone stops and does together.
- **Make a treasure map** for your kids to follow and lead you on your walk. Learn to read a compass.
- **Color Watch:** Pick a color before you begin and count how many objects you see in that color.
- **Complete a scavenger hunt** (*try our Scavenger Hunt on page 2*)
- **Active Story:** pick a subject/theme and make up a story together as you walk. Act out the movements of the characters as the story is being told.
- **Integrate different animal movements** throughout your walk to increase your activity level. Try a bear walk, bunny hop, fly like a bird, buzz like a bee, jump like a frog and gallop like a horse.

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IDEAS FOR OLDER KIDS

- Toss a small ball or bean bag gently between two people as they walk side by side. See how high you can go, then try and break that record next time.
- Turn your walk into an obstacle course – jump the cracks, run around the tree, do pushups against a picnic table, run down a hill or jump over a puddle.
- Take a deck of colorful cards. Assign a movement to each color/type of card (for example, red cards = jumping jacks). Take turns picking cards throughout the walk and doing the movement chosen.
- Dribble or pass a soccer ball with a partner while you walk.
- Grab your headphones and break out some dance moves throughout your walk.
- Play shadow tag – try to catch your or someone else’s shadow
- Do a scavenger hunt (*try our Scavenger Hunt below*)
- Integrate different moves throughout the walk to increase your activity level. Try jumping jacks, toe touches, high knees, giant steps, long jumps, arm circles, running in place or squats. Walk briskly for 3 minutes and then stop and do an activity for 30 seconds. Repeat throughout your walk.

OUTDOOR SCAVENGER HUNT

- Animal tracks
- Bird nest
- Sunshine
- Cloud
- Leaf
- Something oval
- Flower
- Worm
- Squirrel
- Insect
- Your shadow
- Water
- Something red
- Tree
- Rock

**For questions or more information, call (574) 364-2496
or email CommunityEngagement@goshenhealth.com.**

