



OCT. 1 – 31, 2018

WALKTOBER MONTH

MON TUE WED THU FRI SAT SUN

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