



Walking

Walking is a wonderful way to spend time with family and friends (6 feet apart), and to be re-connected to the land.

Walking will also:

- Increase your energy level
- Enhance your mental well-being
- Help you relax and sleep better
- Help you reduce your body fat and tone your muscles
- Help increase flexibility and co-ordination

This week, try to get outside and walk when you can!

Weekly Wellness Challenge

May 18, 2020

Students, families and staff can all participate! Each week there will be a new challenge!



BE ACTIVE

School District #52

