



**NATIONAL
WALKING
MONTH**

#TRY20 CHECK LIST

TIP 1

**INVITE FRIENDS
AND FAMILY
FOR A WALK**



TIP 2

**A WALKING
MEETING**



TIP 3

**LET NATURE
GUIDE YOU**



TIP 4

**WALK TO AND
FROM WORK**



TIP 5

**GET
SNAPPY**



TIP 6

**TRANSFORM
YOUR STREET**



TIP 7

**WALK TO
THE SHOPS**



TIP 8

**SCAVENGER
HUNT**



TIP 9

**HAVE AN
ADVENTURE**



TIP 10

**LET THE
KIDS LEAD
THE WAY**



TIP 11

**GET
CREATIVE**



TIP 12

**TREAT
YOURSELF**



TIP 13

**GET
PICKING**



TIP 14

**EVENING
STROLL**



TIP 15

**A MINDFUL
MEANDER**



TIP 16

**WALK
THE
RAINBOW**



TIP 17

**PREPARE
FOR THE
WEATHER**



TIP 18

REACH OUT



TIP 19

**POWER WALK
TO THE FINISH**



TIP 20

**SHARE YOUR
HIGHLIGHTS**

