Walk this Way! Start a Walking Club – Quickstart Guide

What to Do
Select from the Play program choices or your own ideas
- Work with your team to determine the best schedule for a walking club at your school (before, during, after, ... all three?)
- Identify walking routes that are safe and easy to access
- Add occasional “extra” community events to build interest and grow your club

Who Can Help
Get key people to support your plan
- Principal
- Teachers or Parent Volunteers (to supervise)
- Students

Build Interest
Let students, parents, and others in the school community know what you are doing, and get their input
- Create flyers and poster highlighting the Play
- Send information home to families
- Highlight the number of miles walked by participants and your club as a whole

Share Your Results
Highlight your successes and recruit!
- Use posters, eNewsletters, and your school’s social media to highlight each goal your club meets
- Send home awareness information for all families and invite them to participate. Celebrate each success!

Community
Find ways to make this Play last
- Organize events like a walking school bus
- Create a community committee to keep it going

Learn more