



Walking

all reasons all seasons

Want family connections? Want healthier kids? *Walking can get you there!*

Make walking a routine part of your family's lifestyle:

1. **Make a map of different walking routes** around your home. Use the maps to explore your neighborhood.
2. **Walk to recreation sites** such as the library or park.
3. **Take turns with other parents** walking kids to or from school.
4. **Use walking and step counting** to help kids practice math skills.
5. **Be safe as a pedestrian!** Go to www.WalkClarkCounty.org for safety tips.
6. **Role model driving that supports safety** for pedestrians, bicyclists, and cars.

Walkable communities don't happen by accident!

Take it to the next level:

- **Conduct a walkability audit of your neighborhood.** Discuss the results of your audit as a family. Share the results of your audit with your neighborhood association, school board, or the city or county transportation department.
www.WalkClarkCounty.org/audit
- **Connect walkability and sustaining a healthy environment.**
Go to www.WalkClarkCounty.org to learn how walking instead of driving helps save the planet.
- **Write a letter to the editor** of your local newspaper about the need for walkable communities. Share the results of your audit, barriers to walking your family experiences, or examples of how your family is walking more.

www.WalkClarkCounty.org