



It's National Walking Day!



The American Heart Association sponsors National Walking Day to remind people about the health benefits of taking a walk.

Did you know that walking for 30 to 60 minutes per day can drastically improve your health and even help prevent type 2 diabetes, cancer, and heart disease?

So, put on your sneakers and head outdoors for a walk.

Use our Alphabet Walk for added fun!

Happy Walking!



Alphabet Walk

Go on an alphabet walk!

While walking together, look for objects that start with these beginning sounds. You can either draw a picture or write the word in the box. Use our suggested objects or come up with your own.

	A - ant	B - bird	
C - cloud	D - dog	E - eagle	F - flower
G - grass	H - house	I - insect	J - jet
K - kite	L - light post	M - Monarch butterfly	N - nest
O - owl	P - pine cone	Q - quail	R - rock
S - sun	T - tricycle	U - unicycle	V - vines
W - wagon	X - X-shape stick	Y - yellow plant	Z - zipper