

STEP COUNT

SPRING BREAK FUN

Get out and enjoy the fresh air during spring break by doing a “Step Count” each day to different locations near you.

Track the number of steps it takes to get from your house to another location.

At the end of the week, add up your total steps. Add some competitive fun to see if you can “Out Step” one of your friends.

*Don't forget to ask your parents for permission before going out.



Step Count Location Ideas

Library
Neighbors House
Mailbox or Post Office
Park
School
Grocery Store



Walking Safety

- Always let an adult know where you are going and when you will be back
- Stick to your planned route
- Know where to stop along the way if you need help
- Wear sturdy shoes and take a jacket in case the weather changes
- Always wear highly visible clothes and/or a reflective vest
- Carry along a flashlight or blinking light

