

2023

HEALTHY SHASTA WALKS PASSPORT

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WALK TO THE MAILBOX _____ DATE	WALK AFTER YOU EAT _____ DATE	TAKE A MINDFUL WALK TO BE PRESENT & REDUCE STRESS _____ DATE	WALK WITH A FRIEND OR FURRY FRIEND _____ DATE	WALK 10,000 STEPS IN ONE DAY (TRACK W/ YOUR PHONE OR Pedometer) _____ DATE
TAKE A WALK BREAK FOR 10 MINUTES OR MORE _____ DATE	PARK AT THE BACK OF THE PARKING LOT AND WALK _____ DATE	WALK TO A PHOTO WORTHY SPOT AND TAKE A PICTURE _____ DATE	TAKE A WALK IN THE MOONLIGHT _____ DATE	START THE DAY WITH A WALK & END THE DAY WITH A WALK _____ DATE
ENJOY A WALK AT SUNSET OR SUNRISE _____ DATE	WALK IN THE RAIN OR WIND _____ DATE	WALK FOR 30 MINUTES OR MORE FOR FITNESS _____ DATE	WALK TO PICK UP LITTER _____ DATE	
WALK IN YOUR NEIGHBORHOOD _____ WHERE	WALK TO VIEW PUBLIC ART _____ WHERE	WALK ACROSS A BRIDGE _____ BRIDGE	WALK TO IMMERSE YOURSELF IN THE BEAUTY OF NATURE _____ WHERE	TAKE A HIKE & CHECK OUT 52HIKECHALLENGE.COM _____ TRAIL
TRY A WALK LISTED ON HEALTHYSHASTAWALKS.ORG _____ WHICH ONE	WALK TO A SCHOOL _____ SCHOOL	WALK TO A PLACE YOU NORMALLY DRIVE _____ WHERE	WALK TO A WATERFALL _____ WATERFALL	WALK IN A CULTURAL DISTRICT OR IN A DOWNTOWN _____ WHICH ONE
A NEW WALK OF YOUR CHOICE _____ WHERE	START THE NEW YEAR WALKING! COMPLETE THE HEALTHY SHASTA WALKS PASSPORT ANYTIME BETWEEN JANUARY 1 – FEBRUARY 28, 2023. SUBMIT YOUR PASSPORT BY MARCH 1, 2023, TO CLAIM YOUR HEALTHY SHASTA SPORTS BAG! (WHILE SUPPLIES LAST)			

SEE REVERSE FOR HOW TO WIN PRIZES

FOR WALKING CHALLENGES, TRAIL MAPS, AND RESOURCES, VISIT HEALTHYSHASTAWALKS.ORG

HOW TO WIN PRIZES

All participants who complete and check off at least 10 different walks on the Walks Passport are eligible for a Healthy Shasta sports bag (while supplies last). Participants who black out the passport (complete all 25 walks) will also be entered into a separate drawing for a Fleet Feet gift card toward new sneakers. Walks cannot be counted twice. All participants must live or work in Shasta County.

By March 1, 2023, all passports must be submitted to drop-off locations, admin@healthyshasta.org, or postmarked to Healthy Shasta, 2660 Breslauer Way, Redding, CA 96001.

Blackout prize drawing winners will be notified by March 15, 2023. Prizes must be collected by March 31, 2023, or prizes will be donated to future Healthy Shasta activities.



SUBMIT YOUR PASSPORT TO THESE LOCATIONS

(Check with locations for hours.)

- Anderson Branch Library, 3200 W Center St.
- Burney Library, 37116 Main St.
- Cottonwood Community Library, 3427 Main St.
- Fall River Valley Library, 43250 CA-299
- Redding Library, 1100 Parkview Ave.
- Shasta Lake City Hall, 4477 Main St.
- Shasta Lake Gateway Library, 1525 Median Ave.



YOUR INFORMATION

Name: _____

Email: _____

Phone: _____

Male Female Non-binary Prefer Not to Say

Age _____

COMMENTS

Please circle or check appropriate boxes for the following questions:

1. Would you like to be added to Healthy Shasta e-newsletter (sent approximately 1-2 times/month)?

Yes No

2. While completing the Walks Passport, did you increase the number of days you usually walk?

Yes No

How much?

Yes, 1 walk/week

Yes, 2-3 walks/week

Yes, 4 or more walks/week

3. Which benefits have you noticed from participating in the Walks Passport? (check all that apply)

Feel better Have more energy Sleep better
 Connected with someone Reduced stress

4. Which of these activities will you continue? _____
Tell us about your plans.

5. Did you experience any walking safety issues?

Yes No

If yes, tell us more (location, incident, etc.).

6. Please share a story about how completing the Walks Passport improved your life or a memorable experience you had while walking during this time (optional).

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