

**TAKE LIFE  
IN STRIDE**

HEALTHY SHASTA WALKS

**PASSPORT**



## START THE NEW YEAR WALKING!

COMPLETE THE HEALTHY SHASTA WALKS PASSPORT ANYTIME BETWEEN  
**JANUARY 1 – FEBRUARY 28, 2022.**

SUBMIT YOUR PASSPORT BY MARCH 1, 2022  
TO BE ENTERED INTO A DRAWING FOR A PAIR OF WIRELESS EARBUDS,  
GIFT CERTIFICATES FOR NEW SNEAKERS, SOCKS, AND MORE!

<b>WALK TO THE MAILBOX</b> DATE: _____	<b>WALK IN YOUR NEIGHBORHOOD:</b> DATE: _____	<b>WALK ACROSS A BRIDGE</b> BRIDGE: _____	<b>TAKE A WALK ON A TRAIL YOU'VE NEVER BEEN ON</b> TRAIL: _____
<b>TAKE A HIKE &amp; CHECK OUT 52HIKECHALLENGE.COM</b> TRAIL: _____	<b>WALK TO GET A MEAL OR GROCERIES</b> DATE: _____	<b>TRY A WALK LISTED ON HEALTHYSHASTAWALKS.ORG</b> WALK: _____	<b>TAKE A WALK FOR MENTAL HEALTH TO REDUCE STRESS</b> TRAIL: _____
<b>WALK WITH A FRIEND OR FURRY FRIEND</b> DATE: _____	<b>WALK TO A SCHOOL:</b> SCHOOL: _____	<b>WALK 10,000 STEPS IN ONE DAY (TRACK W/ YOUR PHONE OR Pedometer)</b> DATE: _____	<b>TAKE A WALK BREAK FOR 10 MINUTES OR MORE</b> DATE: _____
<b>WALK FOR A CAUSE:</b> CAUSE: _____	<b>WALK TO A PLACE YOU NORMALLY DRIVE</b> DATE: _____	<b>PARK AT THE BACK OF THE PARKING LOT AND WALK</b> DATE: _____	<b>WALK TO A WATERFALL:</b> WATERFALL: _____
<b>WALK TO VIEW PUBLIC ART</b> WHERE: _____	<b>WALK IN A CULTURAL DISTRICT OR IN A DOWNTOWN</b> DATE: _____	<b>WALK TO A PHOTO WORTHY SPOT AND TAKE A PICTURE</b> DATE: _____	
<b>TAKE A WALK IN THE MOONLIGHT</b> DATE: _____	<b>WALK IN A PARK OR FOREST:</b> DATE: _____	<b>START THE DAY WITH A WALK &amp; END THE DAY WITH A WALK</b> DATE: _____	
<b>ENJOY A WALK AT SUNSET OR SUNRISE</b> DATE: _____	<b>WALK IN THE RAIN</b> DATE: _____	<b>WALK FOR 30 MINUTES OR MORE FOR FITNESS</b> DATE: _____	

### YOUR INFORMATION

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

☐ Male ☐ Female ☐ Non-binary Age \_\_\_\_\_

Would you like to be added to Healthy Shasta e-newsletter  
(sent approximately 1-2 times/month)? ☐ Yes ☐ No

**COMMENTS: (HERE OR VIA EMAIL)**

### HOW TO WIN PRIZES

All participants who complete and check off at least 10 different walks on the Walks Passport are eligible for prizes AND earn a pair of athletic socks (while supplies last). Participants who black out the passport (complete all 25 walks) will also be entered into a separate drawing for a pair of wireless earbuds. Walks cannot be counted twice. All passports must be submitted to participating libraries or to [admin@healthyshasta.org](mailto:admin@healthyshasta.org) by midnight or postmarked by March 1, 2022 to Healthy Shasta, 2660 Breslauer Way, Redding, CA 96001. All participants must live or work in Shasta County. Winners will be notified by March 15, 2022.

**FOR WALKING CHALLENGES, TRAIL MAPS, AND RESOURCES VISIT [HEALTHYSHASTAWALKS.ORG](http://HEALTHYSHASTAWALKS.ORG)**

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