

WALKS PASSPORTS

Additional Walks Passports are available at libraries in Shasta County and at www.healthyshastawalks.org

SUBMIT YOUR PASSPORT TO THESE LIBRARIES

- Anderson Branch Library, 3200 W Center St, Anderson
- Burney Library, 37038 Siskiyou St, Burney
- Cottonwood Community Library, 3427 Main St, Cottonwood
- Redding Library, 1100 Parkview Ave, Redding
- Shasta Lake Gateway Library, 1525 Median Ave, Shasta Lake

HOW TO WIN PRIZES

All participants who complete at least 10 different walks on the Walks Passport are eligible for prizes AND earn a Shasta Places bandana (while supplies last). Participants who black out the passport (complete all 25 walks) will also be entered into a separate drawing for gift certificates for shoes from Fleet Feet Sports in Redding. There are 25 walks listed on the passport. Walks cannot be counted twice. All passports must be turned in at a library listed, on or before November 30th to be eligible for prizes. To be eligible for prizes,* you must live in Shasta County. Winners will be notified by December 17, 2019.

PRIZES

GRAND PRIZE! AN ADVENTURE PACKAGE, WHICH INCLUDES:

- 1 Night stay in a caboose at the Railroad Park Resort in Dunsmuir with dinner
- Annual family pass to Turtle Bay Exploration Park
- 1 Adult & 1 Junior annual pass to Shasta Caverns
- 2 On Water Yoga passes for Stand Up Paddle Board (SUP) lessons and/or SUP Yoga
- National Park Annual Pass

FIT BITS (10 winners)

ENTRY FEE PAID FOR A WALK OF YOUR CHOICE (5 winners)

BLACK OUT THE PASSPORT FOR A CHANCE TO WIN:

GIFT CERTIFICATES FOR SHOES TO FLEET FEET (10 WINNERS)

VISIT

For walking groups, maps, additional passports, and resources visit www.healthyshastawalks.org

**Walking Passport restrictions apply. See www.healthyshastawalks.org*



FALL IS A GREAT TIME TO GET OUT AND WALK!

Complete the Healthy Shasta Walks Passport anytime between September 28 – November 30, 2019.

Submit your passport by November 30, 2019, to be entered into a drawing for a Shasta County Adventure Package, Fit Bits, gift certificates for new sneakers, and more!



WALK A CHILD TO SCHOOL OR THE BUS STOP

WALK IN YOUR NEIGHBORHOOD WHICH NEIGHBORHOOD?

WALK IN THE RAIN

START THE DAY WITH A WALK & END THE DAY WITH A WALK

TAKE A WALK IN THE MOONLIGHT

WALK WITH A SENIOR OR GRANDPARENT

WALK TO GET A MEAL OR GROCERIES

WALK ACROSS THE SUNDIAL BRIDGE

WALK FOR 30 MINUTES OR MORE FOR FITNESS

WALK IN A PARK OR FOREST

WALK WITH A FRIEND OR CO-WORKER

WALK FROM DESTINATION TO DESTINATION WHERE DID YOU GO?

TRY A WALK LISTED ON HEALTHYSHASTAWALKS.ORG WHICH ONE?

TAKE A WALK ON A TRAIL YOU'VE NEVER BEEN ON WHICH ONE?

WALK TO A PHOTO WORTHY SPOT AND TAKE A PICTURE

WALK FOR A CAUSE WHICH ONE DID YOU CHOOSE?

WALK TO A PLACE YOU NORMALLY DRIVE

WALK 10,000 STEPS IN ONE DAY (TRACK WITH YOUR SMART PHONE OR Pedometer)

TAKE A WALK FOR MENTAL HEALTH TO REDUCE STRESS

WALK ALONG A RIVER, CREEK, OR TO A WATERFALL WHERE DID YOU GO?

WALK WITH A WALKING OR HIKING GROUP (FORM ONE IF YOU CAN'T FIND ONE).
HEALTHYSHASTAWALKS.ORG

TAKE A WALK DOWNTOWN OR ON A MAIN STREET

PARK FARTHER FROM THE DOOR AND WALK

TAKE A WALK BREAK

ENJOY A WALK AT SUNSET OR SUNRISE

YOUR INFORMATION

Name: _____ Email: _____

Phone: _____ ☐ Male ☐ Female ☐ Non-binary Age: _____

Please circle or check appropriate boxes for the following questions

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

- If you started walking more, which benefits have you noticed? (*check all that apply*)

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

- Would you like to connect to a walking group? ☐ Yes, I'd like more information about becoming a walking group leader ☐ Yes, I'd like information about joining a walking group ☐ Yes, I'd like to walk with others in my neighborhood ☐ Yes, I am in a walking group and would like more walkers ☐ No, not at this time
- 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)

