

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
[CLICK TO LEARN MORE](#)

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

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. 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

4. 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

5. 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)

