



Winter is still a great time to walk and be outside! Schools and youth groups are invited to **walk at school or around the neighbourhood, walk to school, or go for a hike** on Winter Walk Day. Don't let cold, wind, snow or rain keep you from heading out for a walk. If you dress for the weather and practice winter safety, you're ready to go! Walking is fun when you walk together. It's good for our bodies because of the extra physical activity. It's good for the environment because active transportation cuts down on the number of polluting cars.

You may hold your **Winter Walk Day** on **any day in February!** When registering for Winter Walk Day, your school or group commits to the following 4 steps:

1. Choose a day in February as Winter Walk Day
2. Promote the event to participants
3. Educate participants on winter walking safety
4. Tell us how the event went on the Evaluation Survey that we'll email to you at the end of February

**By completing all these 4 steps your school/group will be automatically entered to win one of two \$100 Woozles Bookstore gift cards (can be used online). And if you send us a picture of your event to share on our website, your school/group's name will be entered in the draw twice!**

To help you in your Winter Walk Day promotion efforts, the following documents are available (in English and French) at <https://ecologyaction.ca/our-work/transportation/winter-walk-day>:

- 8.5 x 11 inch flyer/poster template
- Template to use for announcements, in newsletters, etc.
- Winter Walking Safety tip sheet
- NS Curriculum Links (grades P to 6)



St. Catherine's School, 2017

Please see the website above for the links for registration, available in English and French.

**For more information on this event, please feel free to contact us:**

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*Winter Walk Day is a partnership of the Ecology Action Centre, Recreation NS - Take The Roof Off Winter and the NS Department of Communities, Culture, Tourism and Heritage.*

