

Walking Route Map

3rd Annual
Let's Walk
Wahiawa
Community Activity
October 2020



Did you know creating a map with safe walking routes will encourage you to increase your steps?

Get your family together and create a walking route map. Plan a day and time during the week to walk the route.

Create a Route

The route should start and end at home. You may want to include stop points like a park or just plan short quick trips.

Label the Route

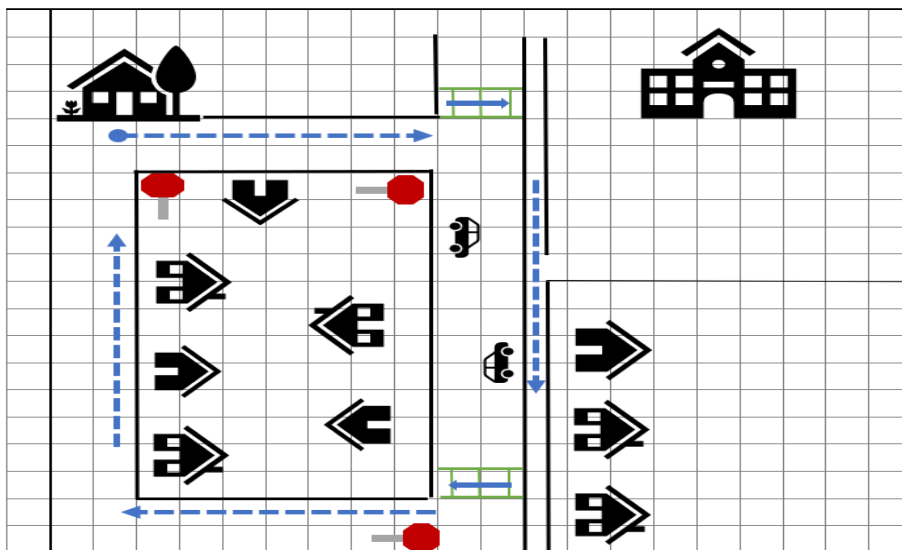
Use pictures to identify your home, neighboring schools, landmarks, and other safety items like stop signs and crosswalks. Draw arrows and directional lines to show your route.

Take your Route

Walk your route with your family and see how long it takes, how many steps you can take, and any other unique items.

Create Your Walking Route Map on the Next Page

Here is an Example Map:



Follow all
pedestrian
safety

Be Safe &
Walk with
Family



My Walking Route

- From the house walk to the stop sign.
- Cross the street using the crosswalk.
- Then walk down the main road.
- Stop at the next crosswalk and cross the street.
- Walk to the end of the road, make a right and head back home.



@BZPWahiawa #2020LetsWalkWahiawa



Brought to
Hawaii by



Developed in collaboration with
Wahiawa Youth Wellness Ninjas



Copyright © 2020 Blue Zones, LLC and Sharecare, Inc. All rights reserved.

Walking Route Map

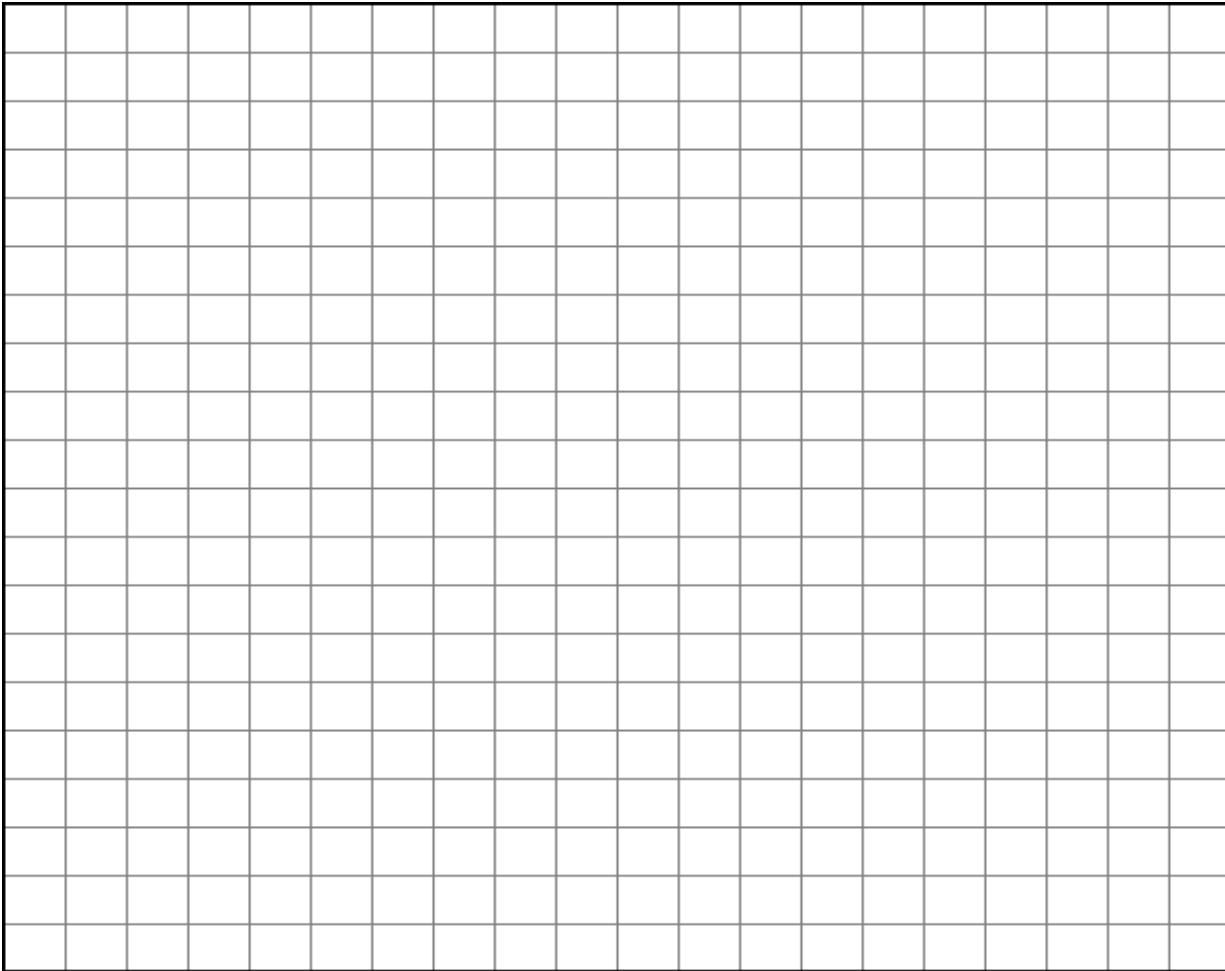
**A Let's Walk
Wahiawa
Community Activity
October 2020**



Use the space below to create your Walking Route Map

Have fun with drawings and colors.

Put the map up in your home to remind you to take a walk.



*Follow all
pedestrian
safety*



*Be safe and
walk with
family*



**# Steps I took
on My Route**

**Time it took
to Walk My
Route**

List any instructions here:



@BZPWahiawa #2020LetsWalkWahiawa



Developed in collaboration with
Wahiawa Youth Wellness Ninjas

