

BAM Walking Challenge

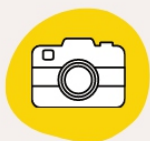
SCHOOL SPECIAL

Walking is AMAZING: it's free, gets you outside and can easily fit into your daily routine



- **Head to the GM Walking website by clicking here:** enter your postcode for nearby maps with difficulty level and toilet/refreshment stops
- **Have a look on Google Maps** at what's nearby - there's nearly always more than you think! Switch to "Satellite View" to look for local green spaces
- **Join a walking group** - ask your BAM worker for walking groups near you

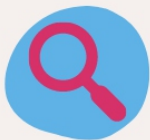
Make walking more fun for kids:



Photography: pick a theme e.g. trees then each snap and share your own interpretations



Picnic: pack some snacks, water and outdoor toys to take with you



Scavenger Hunt: make a list and collect the items along the way



Story Walk: make up a story together using local landmarks



Exploring App: [click here](#) to download this child friendly app with maps, quizzes and games



Beat the Clock: time a regular route like the school run and see if you can beat it (safely)!

Click the  icons to watch how walking has improved the lives of people across Greater Manchester:



Did You Know?

Walking is the **single best thing you can do for your health!** Don't believe us? Watch this:

Watch this:
www.youtube.com/watch?v=aUalnS6HIGo

THE GREATER MANCHESTER WAY

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good for you
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