



Move Your Way to start your day!

Join your classmates and your community to walk your block every Wednesday.



Walking Wednesdays Starting Oct. 7 (International Walk to School Day)

Keep your physical and mental health in shape by taking a walk around your neighborhood every Wednesday! Start your day on the right foot by joining your classmates and your community to take steps toward better physical and mental health. The program kicks off on Wednesday, October 7 (International Walk to School Day) throughout the school year. Families are encouraged to chalk the sidewalk and find other ways to cheer on their neighbors as they walk their neighborhood block. Remember to maintain a safe distance from others outside your family and follow all COVID-19 safety protocols. Tag your photos with **#FCPSWalkingWednesdays**.

Walking Wednesdays is a Fairfax County Public Schools Safe Routes to School Initiative supported by the Fairfax County Park Authority Healthy Strides Program and the Move Your WaySM campaign.

For more information, visit www.fairfaxcounty.gov/parks/walking-wednesdays or contact Sally Smallwood, FCPS Safe Routes to School Coordinator, at sbsmallwood@fcps.edu or (571) 326-5066.

