

FCCLA WALKS!

A SERVICE EFFORT OF MN FCCLA

Family Walk

Family Walk- Develop a plan to get the family out walking together with social distancing.

Chapter Walk

Develop a plan to get your FCCLA Chapter members out walking at a same time with social distancing.

Virtual Walk

Develop a plan to do walking inside, on a tread mill or encouraging social media walk challenges.

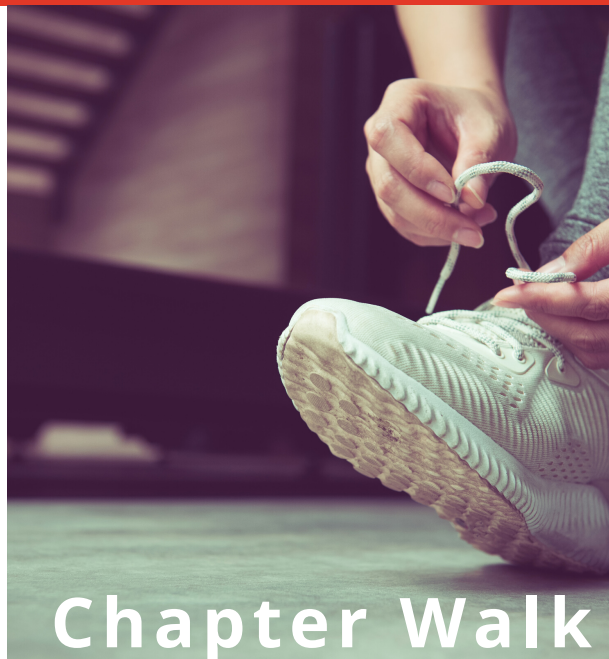
Walk for a Cause

Develop a plan to walk and contribute to a community need.

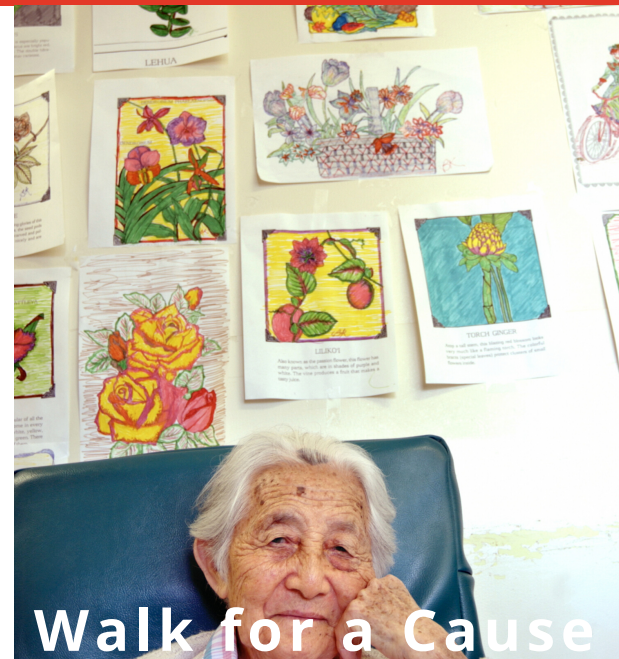
FCCLA WALKS!
STUDENT BODY- A FIT YOU, A RESILIENT YOU
FAMILIES FIRST-FAMILIES TODAY
POWER OF ONE-A BETTER, FAMILY TIES,
YOU, COMMUNITY SERVICE, ARE ALL
FCCLA PROGRAM AREAS THAT CAN CONNECT TO FCCLA WALKS!



Family Walk



Chapter Walk



Walk for a Cause

Why? It's great for kids. Using walking as a physical activity during childhood teaches children a lifetime exercise that can help build healthy bones and control weight. It also helps ward off future health evils such as high blood pressure, diabetes, heart disease, and stroke. It's also a great way to boost self-esteem by easing feelings of worry and depression, even among children.

FCCLA Walks!

Why? Help to fill the activity gap. Walks don't have to be long or fast-- just get out there regularly. Kids need an hour of physical activity each day. Walks-- an evening stroll--can fill the gap in a sedentary day.



THEMES

A new theme for each daily walk boosts interest for your little one. For "the alphabet walk," search for something that begins with each letter. Or pick one color, and find everything in that hue.



COOL PRIZES.

Kids can earn a brightly colored shoe-shaped bead for each 10 miles walked. The result? The beads, attached to sneaker shoelaces, became status symbols, motivating kids to walk more.



WALK WITH FRIENDS

Encourage teens to be active with friends. Invite a best friend along for a 30-minute walk.