

Lord Baltimore Walking Program "Walking Tall" at LB

The health benefits of walking are immediate and long lasting. Studies have shown that children who exercise frequently and regularly are more likely to carry a healthy lifestyle into adulthood. This means happier, healthier and more successful as adults.

- *For children, it's fun and interesting and a nice alternative activity during recess. It provides a sociable time during the school day for children to walk and talk with their friends.*
- *Studies have shown for children and adults that walking as an exercise makes us feel calmer and happier, and it improves our concentration. For students, this means making it easier to focus during class.*

Incentives for students: (4 Laps = 1 mile)

A student mileage graph will be maintained in each homeroom.

3 Miles	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles	45 Miles	50 Miles
Pencil	LB Walk chain w/charm	# 10 Charm	Healthy Snack	# 20 Charm	Foot Charm	# 30 Charm	water bottle	Shoe Charm	Mid Year Walk Celebration/Party	Cardiovascular Charm

55 Miles	60 Miles	70 miles	75 Miles	80 Miles	85 Miles	90 Miles	100 Miles		Top Walker at each grade	Top Walker / School
Frisbee	#60 Charm	End of Year Walk Celebration/Party	Grapes Charm	#80 Charm	Brain Charm	# 90 Charm	T- Shirt		Sweat shirt	All prizes and New Pair of Sneakers

- **"Walking Wednesdays"** - Teachers may elect to take students for a 5 minute "brain break" to walk up to 2 laps on the track with students. **(Before Lunch/Not to interfere with specials or another class's recess)**
- **We will have an end of the year assembly to recognize our top walkers.**
- **The LB class that walks the most miles at the end of each quarter will have Healthy Social.**