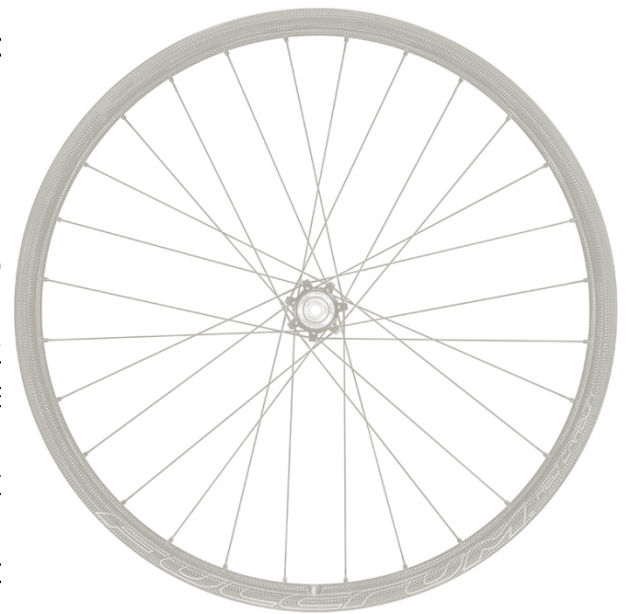


FUN EVENT IDEAS FOR YOUR HIGH SCHOOL!

1. Use your Fitbit (or another activity tracker) or count your steps to reach a goal of 10,000 steps per day! (5 minutes of walking = 1,000 steps!)
2. Invite others to take part - walk with a friend or in a group!
3. Urge as many members of staff as possible to take part and walk or cycle to school to set an example.
4. Distribute publicity material well ahead of the event. Let parents know about your event and the dates via a colourful school newsletter or poster display.
5. Gather up prize donations along with drinks, healthy snacks or treats for those who walk and bike.
6. Hold a short walk during the school day for
7. Get students involved with organizing a b money for a foundation or charity of their
8. Host a bike derby – make teams and desi
9. Design a banner to display in a prominent be carried on the way to school at the hea
10. Set a target number of kilometres to walk
11. Have a student or group of students use t announce pedestrian and bike safety tips and make posters about the event.
12. See whether local businesses/churches will allow their parking lots to be used as safer dropping - off/parking areas for the day.
13. Mark routes to school with the school mascot's prints/large footprints.
14. Award the class with the largest percentage of walkers, a movie class or pizza lunch.



See over for more great ideas!

15. Take pictures with a cell phone or camera on your route to school and "photograph your world".
16. Make home room competitions, the room with the highest amount of steps every month wins a prize!
17. Make pledges to bike or walk to school and place them on the spokes of a bike wheel to display in the front of your school.

See our site for more ideas! www.greenactioncentre.ca



For more information contact Green Action Centre at 925-3774 or active.events@greenactioncentre.ca.
www.greenactioncentre.ca

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