

## 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.**