



October 1–31, 2025

WALKTOBER MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
			1 mappmycity.ca Did you know that the City of Windsor has a My School Neighbourhood app to help you plan your daily commute?	2 Park and walk. Why wait around bored in traffic in the car? Park the car further away & walk.	3 Get social. Plan outings with friends or family to outdoor areas where walking is the main activity.	4 Stretch and unwind. Practicing yoga for 30 minutes is equivalent to walking 3,000 steps
5 Carry the right bag. Don't overload your body with too much weight when walking. Only pack what is necessary.	6 12,000 steps? Start knocking off some of those daily recommended steps on your way to and from school.	7 Did you know? 64% of Canadians live within 2.5km of a routine destination like school. That's close enough to walk!	8 Walk it off. A daily walk can do wonders for a bad mood and help shake off a bad day.	9 Leave plenty of travel time. Try walking to school on your days off to see how long it takes.	10 Go on a modern day, high tech treasure hunt! Download ageocache app, choose a geocache in your area and find it using a smart phone!	11 Try a silly walk! Who says walking has to be boring? Throw in a dance, a lunge, a twirl, or anything else that you want!
12 Work off that turkey dinner. Get the family to go for a walk after dinner to help with digestion.	13 Put your green thumb to work! Gardening for 30 minutes is equivalent to taking 2,800 steps!	14 Did you know? To work off a bowl of Cheerios and skim milk, you need to take a 35 minute stroll.	15 Get off the bus one stop early A few minutes of walking can make you feel more energized for the day ahead.	16 Sleep deep. A daily walk can reduce sleepless nights & improve your sleep quality.	17 Did you know? Cars are the largest source of greenhouse gas emissions. Help the environment by walking or cycling to school.	18 Explore local trails Hiking tones your quadriceps, hamstrings, calves, core muscles, & upper back. Check out the Parks, Trails & Recreation Map at citywindsor.ca
19 Add some walking poles! Walking with poles burns up to 47 percent more calories than walking alone.	20 Did you know? When you take 1 step you are using up to 200 muscles.	21 Too far to walk? Try cycling! Cycling at 24 km/h for 30 minutes is equivalent to walking 4800 steps.	22 Walk right in! Leave the car behind. Head to your favourite store on foot instead.	23 Go on a Nature Walk. Have you been to Ojibway Prairie Complex lately? Check it out!	24 Fall in love with walking. Take a walk and see all the fall colours.	25 Not breaking a sweat? Try adding a set of lunges, jumping jacks or squats into your walk every 10 minutes.
26 Did you know? It takes 55 minutes of brisk walking to burn off a can of pop.	27 Skip the elevator and take the stairs. Climbing 150 stairs is equivalent to walking half a kilometre!	28 Plan ahead. Map your walk or bike ride using Google Maps to determine which route works best for you.	29 Make the most of your time. Take the walk to school as an opportunity to plan out the rest of your day.	30 Did you know? The Great Trail of Canada passes through Windsor. Can your school walk enough to cover all 27,000km?	31 Happy Halloween! Walk around the neighbourhood and check out all the spooky decorations.	