



Congratulations on joining the School of Walk and Run of Tennessee! This is a partnership between Shelby County Health Department, Baptist Memorial Health Care, Coordinated School Health, the Pink Palace Museum, and Healthy Kids and Teens Inc.

Goal of Program:

The School of Walk and Run of Tennessee aims to increase physical activity among students with the goal of walking 10,000 steps per day. A walking club is a fun way for students and staff to be more active. It can be conducted in before/after school care, recess, or during P.E. time. As a class you will journey across Tennessee, aiming to walk together during the school year and unlocking fun science, history, geography, health, college and university facts along the way.

Who's Involved:

- Teachers
- Students
- Parents

How it works:

Step 1: Announce program to students (script included in packet). Send student packets home.

Step 2: Designate when the club is meeting and pass out pedometers. Display walking map of Tennessee in classroom using projector or print as poster.

Step 3: Have participants record their steps from school & home using the logs provided in student packets. Track steps on the classroom tracking chart.

Step 4: Share fact cards and swag as participants reach destinations on the map.

Step 5: Report total class distances at the end of each month to Geretta.Hollins@shelbycountyttn.gov

What's included In Your Tool Kit:

- School of Walk and Run student packets (including letter for parents English & Spanish)
- Classroom tracking chart and swag bag incentives
- Interactive map of TN (includes facts about geography and history, science, health, & colleges/universities at each stop on the map)

Please contact Ms. Hollins at Geretta.Hollins@shelbycountyttn.gov if you have any questions or if you need more incentives. We're looking forward to a healthier school year!

