



# Walk and Roll Month

B

Waved to a person walking or riding a bicycle

I

**FREEBIE!**

N

Posted a walk and roll image to social media using [#walkandrollmonth2020](https://twitter.com/walkandrollmonth2020)

G

Discovered where Ontario began (the United Counties of SDG) on foot or by bike

O

Visited the Walk & Roll website [LINK](#)

Shared the Walk and Roll Bingo on social media

Walked or rolled in the rain

Walked or rolled on a local trail or path [LINK](#)

Walked or rolled together as a family

Discovered a new local trail [LINK](#)

Challenged a friend to a daily step competition

Walked or rolled more than usual today

Downloaded the Walk & Roll Bingo

Added air to my bike tires

Got to know a local bike shop

Made sure my helmet fits right [LINK](#)

Used chalk to build a hopscotch or write a positive message on my walk

Walked AND rolled in the same day

Learned how to fix a flat tire [LINK](#)

Walked or Rolled along the Cornwall Recreational Path [LINK](#)

Packed a lunch and walked or rolled to a local park for a picnic

Wore light-coloured, reflective clothing while walking or rolling

Set a new walk and/or roll goal (e.g., more time, distance, location)

Walked or rolled somewhere I usually drive or get driven to

Liked and followed @walkandrollcornwallsdg on Facebook [LINK](#)

Rolled = bike, scooter, rollerblades, carpool or transit.

[www.walkandrollcornwallsdg.ca](http://www.walkandrollcornwallsdg.ca)