October 4 – 31

WALKtober

Partnership for a Healthier Johnson County

JCPL Johnson County Public Library

It's Fall – Get Active!
Walk Anywhere,
Everywhere,
For Any Reason
or No Reason at All

Here's how it works:

1. **Go to PageAfterPage.org/WALKtober** to sign up and log your activities to qualify for prizes.
2. **Complete Three Weekly Activities** to be Eligible for Weekly Prizes.
3. **Complete Three Weekly Challenges** to be Eligible for the Grand Prize.

GRAND PRIZE fitbit

Prize winners determined by random draw

Tag social media photos with #JoCoWALKtober to show us where you are walking.
Learn more at PageAfterPage.org/WALKtober

Brought to you by:
Partnership for a Healthier Johnson County & Johnson County Public Library
In association with:

Parks Make Life Better!
Franklin Parks & Recreation
Johnson County Trails
Purdue University Extension - Nutrition Education Program
Johnson County Parks and Recreation
Johnson Memorial Wellness Services
Franciscan Health
Festival Country Indiana
Greenwood Parks & Recreation
Edinburgh Parks & Rec – The Missing Piece Is You!

WALKtober 2021 ACTIVITIES

Visit jcpl.beanstack.org, download the Beanstack mobile app or visit your local branch to register.

Complete at least three of the weekly activities during the current week to be eligible for prize drawings. If you complete at least three of the weekly challenges, you will be eligible for the Grand Prize drawing.

WEEK 1 • OCT. 4 – 10

- ○ Grab some coffee and hit the pavement walking.
- ○ Find a friend (and a mask!) and go for a walk.
- ○ Visit the new trails in downtown Greenwood and around Craig Park.
- ○ Check out the Festival Country Visitor's Center and learn about fun places to explore around the county.
- ○ Enter the number of minutes of physical activity you had for the week. _____
- ○ Enter the number of miles you walked for the week. _____
- ○ Post a walking photo on your social media using #JoCoWALKtober or comment on our posts.

WEEK 2 • OCT. 11 – 17

- ○ Walk to one of the murals in our county.
- ○ Visit the Johnson County Museum of History or Festival Country to learn about historical markers you can walk to within the county.
- ○ Gather the whole family and walk around your neighborhood after dinner.
- ○ Visit a JCPL StoryWalk.
- ○ Enter the number of minutes of physical activity you had for the week. _____
- ○ Enter the number of miles you walked for the week. _____
- ○ Post a walking photo on your social media using #JoCoWALKtober or comment on our posts.

WEEK 3 • OCT. 18 – 24

- ○ Walk your dog.
- ○ Say "Hi" to at least three people you see along your walk.
- ○ Walk to your favorite locally-owned café.
- ○ Walk the path at Independence Park and check out the painted rock display near the pergola!
- ○ Enter the number of minutes of physical activity you had for the week. _____
- ○ Enter the number of miles you walked for the week. _____
- ○ Post a walking photo on your social media using #JoCoWALKtober or comment on our posts.

WEEK 4 • OCT. 25 – 31

- ○ Mask up, grab a co-worker and go for a walk on your lunchbreak.
- ○ Find new ways to move more throughout the day - every step counts!
- ○ Check out the sculptures on the Art on the Trail along the Polk Hill Trail.
- ○ Enter the number of minutes of physical activity you had for the week. _____
- ○ Enter the number of miles you walked for the week. _____
- ○ Post a walking photo on your social media using #JoCoWALKtober or comment on our posts.