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WALKING WEDNESDAYS

Background

This year, in the midst of the pandemic and school closures, Walking Wednesdays will be a county wide community program designed to promote community values of physical and mental health.

FCPS Safe Routes to School is pairing with Fairfax County Park Authority's Move Your Way campaign and Healthy Strides.

Engaging in physical activity is often easier for people when they can join with others. Even though we will be social distancing we can walk together apart. This program encourages Walking Champions in each neighborhood to help get out the word and engage their neighbors to participate. Each community could find creative ways to encourage and promote safe walking, biking, and outdoor exercise before school or work.

The first Walking Wednesday will take place on October 7, 2020 which is also Walk to School Day. Even though we will not be walking to schools this fall, community members and families are encouraged to walk in their neighborhoods and register as a family, school or neighborhood.

Supervisors Palchik and Storck will also be participating and promoting in their districts, and encourage our colleagues to join as well!

Proposed Action

Therefore, Mr. Chairman, we ask, with unanimous consent, that the Board of Supervisors direct the Office of Public Affairs to publicize the Walking Wednesdays program in collaboration with FCPS and the Park Authority's Move Your Way campaign.



REGISTER YOUR EVENT AT WALKBIKETOSCHOOL.ORG