



Live Your Why – Afterschool Edition

Plan a walk or hike with a family member or friend. Choose a route in your neighborhood or chose a local trail to hike.

Here are some websites to help you plan:



Scan this:



alltrails.com



Scan this:



google.com/maps

How did you choose where to walk/hike?

Where do you want to go on your next walk/hike?



Looking for other ideas to help plan your afternoon? Visit us at
www.healthylamoillevalley.org/liveyourwhy