



# LIVE YOUR WHY

## Afterschool Edition



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



Here are some websites to help you plan:



Scan this:

Scan this:



[alltrails.com](https://www.alltrails.com)

[google.com/maps](https://www.google.com/maps)



How did you choose where to hike/walk?



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



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)