

# Walking Trails with Fitness Stations

## Overview

Is your school looking for a sustainable way to provide more physical activity for students and families? Consider building a walking trail! Walking trails can be used during the school day for PE class, recess or classroom lessons, and before and after school for students and



community members. Take it a step further and enhance your walking trail with fitness stations, either permanent or temporary, that target various fitness skills and muscle groups.

## Take Action

- Before making plans, discuss building a walking trail with school administrators. Learn your school's approval process when facility/grounds modifications are involved.