

Winter Walk Day is February 5th

DRESSING TIPS FOR WINTER WALKING

- Keep hands & head covered to prevent heat loss
- Wear warm, waterproof boots
- Wear clothing or carry knapsacks with reflective material
- Wear a warm coat that deflects the wind
- On really cold days wear a scarf over your face & mouth
- Woolen clothing helps to retain the heat
- Below -25C is considered too cold for walking so move your walk in-doors or select another day for outdoor activities



It's the perfect opportunity for parents and kids to get outside together and stretch those legs!

