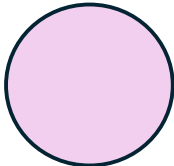





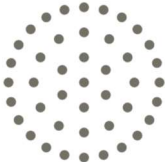


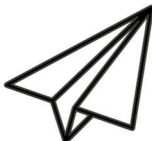




# Let's Get Walking!

## I Spy During My Walk

On your walk, can you spot something that:

 is round	 is soft and fluffy	 you can hear
 is rough	 is heavy	 is yellow
 is spotty	 is blue	 has a squiggle
 has wings	 is tall	 INTERESTS YOU!

Step it up! Walk to school, at school, around your neighbourhood, or enjoy nature on park or forest trails. Make it fun by walking with others and see what you can spy.

### PUBLIC HEALTH

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**York Region**