

# MONTHLY MOTIVATOR: JANUARY NEW YEAR NEW YOU!

Iowa Safe Routes to School invites you to start the year with a hike!

- Walk to your nearest park
- Go for a hike at your local county park
- Find your local state park and go for a hike

Here is a link for the Iowa DNR's first-day hike program. Find the state park nearest you. <https://www.iowadnr.gov/Places-to-Go/Parks-2020/First-Day-Hikes>

Share your adventure with us by posting a picture of your hike on our Facebook page <https://www.facebook.com/iowasaferoutes/>

## TIPS FOR STAYING WARM WHILE ACTIVE OUTSIDE:

- WEAR LAYERS
- STAY HYDRATED
- UNZIPPING YOUR JACKET CAN PROVIDE VENTILATION

## REASONS TO GET MOVING

TAKE THE STAIRS DAY - 13TH (WALK)  
DRESS UP YOUR PET DAY - 14TH (WALK)  
HAT DAY - 15TH (WALK)  
MLK JR DAY OF SERVICE - 18TH



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