



South Lake Tahoe

Walk the Block

CREATED FOR THE FAMILIES OF OUR COMMUNITY

On September 21st

We Can! South Lake Tahoe invites our families to WALK THE BLOCK!

On September 21st, invite your family to walk around your neighborhood block. This is a fun way to get to know your neighbors and create a fun activity for you and your family. Our entire community is invited to participate!



Overview of We Can!™

South Lake Tahoe

Barton Health and its partners have created this program to address healthy eating & activities for our youth and their families. The We Can! Program, Ways to Enhance Children's Activity & Nutrition, is a national program designed by the U.S. Department of Health and Human Services to help direct our youth toward a more healthful lifestyle. The program focuses on healthy food choices, physical activity, alternatives to television and computer games and emotional well-being for all children.

Safe Walking Tips

- Always walk with a friend. Make sure you have permission to go for walks and that your parents know where you are going.
- Cross streets at the corner, or at traffic signals or crosswalks. Stop at the curb or the edge of the road before crossing the street. Do not run into the street or run while crossing the street.
- Look LEFT, RIGHT, and LEFT for cars, before crossing the street, even when crossing at a light or a crosswalk. Keep looking for cars while you are crossing the street because cars that are turning or backing up may not see you.
- If you are on a road with no sidewalks, walk facing traffic, as far to the left as possible.
- If you are walking at sunset, use a flashlight. Wear bright colored clothing so that cars can see you. Wear sneakers or other clothes with reflective materials on them (some backpacks and wind pants have reflective materials on them too.)
- Being safe is the most important part of walking!



City of South Lake Tahoe



www.wecansouthlaketahoe.com