



Student's Toolkit

In collaboration with:





Dear Parent or Guardian,

We are excited to announce that our school is participating in the Shelby County Health Department's School of Walk and Run of Tennessee program, in partnership with Baptist Memorial Health Care Corporation, Tennessee Coordinated School Health, the Pink Palace Museum of Memphis and Healthy Kids and Teens Inc.

Goal of Program:

The School of Walk and Run of Tennessee aims to increase physical activity among students with the goal of walking 10,000 steps per day. A walking club is a fun way for students and staff to be more active. As a class, your child will journey across Tennessee, aiming to walk 1,600 miles together during the school year and unlocking fun science, history and health facts along the way.

Included in your child's walking tool kit:

- List of Memphis Parks to explore
- Log to track your child's steps, miles or minutes of activity
- Incentives as he/she reaches different mile markers along the way

How to Get Involved:

We hope you will be involved, too. Included in this packet is a list of parks across Memphis. We encourage you to walk with your child, track their steps, miles or minutes of activity, and return the mileage sheet to your child's teacher.

If you have any questions, please contact your student's teacher. We're looking forward to a healthier school year!





Estimados padres,

Estamos muy emocionados anunciar que nuestra escuela está participando en el programa Escuela de Caminar y Correr de Tennessee, en colaboración con el Departamento de Salud del Shelby County, Baptist Memorial Health Care Corporation, Tennessee Coordinated School Health, el Museo del Pink Palace y los Healthy Kids and Teens Inc.

Meta del Programa:

La Escuela de Caminar y Correr de Tennessee aspira aumentar la actividad física de los estudiantes con la meta que cada estudiante camina 10,000 pasos diario. Un club de caminar es una forma divertida para los estudiantes y el personal ser más activos. Como una clase, su niño viajará a través de Tennessee, aspirando caminar 1,600 millas juntos durante el año de escolar y aprendiendo hechos de ciencia, historia y salud durante el camino.

Incluido en el paquete de su niño:

- Lista de parques de Memphis para explorar
- Diario para anotar los pasos, millas o minutos de actividad física de su niño
- Incentivos cuando su niño llega a ciertos destinos en el camino

Cómo participar con su niño:

Esperamos que usted participará también. Incluido en este paquete es una lista de parques en Memphis. Le animamos a usted caminar en familia, anotar el número de pasos o minutos de actividad de su niño, y devolver el diario de actividad al maestro de su niño.

Si tiene preguntas, por favor contacte al maestro de su niño. ¡Estamos emocionados por un año escolar más saludable!



Get to know our Memphis Parks



In Memphis, we have many parks! Exploring the different parks can be an adventure. Grab your friend or parent, put on your walking shoes, and head to a local park. You will learn just how much there is to do outside—and how each one has its own personality. Just like kids!

NORTH MEMPHIS

Carver Heights, 3371 Margareta Rd. Includes: Basketball court, playground, pavilion, & walking trail. Ten laps = 1 mile.

Egypt Central Park, 3985 Egypt Central. Includes: Raleigh Senior Center, fitness equipment, pavilion, 2 ball fields, playground & 0.5-mile trail. Two laps = 1 mile.

John F. Kennedy Park, 4577 Raleigh Lagrange Rd. Amenities include: Includes softball fields, soccer fields and nature trail.

Pierotti Park, 3678 Powers Rd. Includes: Raleigh Community Center, swimming pool, and outdoor tennis courts.

EAST MEMPHIS

Fletcher Creek Park, 8668 Dexter Rd. Includes: Pavilion, play court, playground, picnic area and 1-mile walking trail.

Germanshire Park, 3965 South Germantown Rd. Includes: Playground equipment, pavilion, soccer field and 0.5-mile fitness trail. Two laps around the fitness trail equals 1 mile.

Lichterman Nature Center, 5992 Quince Rd. Includes: Nature center, 2-mile nature trail and a lake.

Willow Park, 4971 Willow Rd. Includes: Marion Hale Community Center, lighted ball fields and a pool.

Shelby Farms Park, 500 N. Pine Lake Dr. Includes: Greenline, Lucius Burch Natural Area, Woodland Discovery Playground, fishing lakes, Wolf River pedestrian bridges, stables, amphitheater, picnic areas, trails and leadership garden.

SOUTHEAST MEMPHIS

Flowering Peach Park, 3819 Camelia Cove. Includes: Play equipment, pavilion and a fitness trail. Three laps = 1 mile.

Medal of Honor Park, 3751 Park Lake Dr. Amenities include: 3/4-mile fitness trail and lake.

Oakhaven Park, 3875 Bishop Bridge. Includes: Playground, ball field, pavilions, & walking trail. Two laps = 1 mile.

Raines Road Park, 4199 Hickory Hill Rd. Includes: Playground, pavilion, ball field and walking trail. Two laps = 1 mile.

SOUTH MEMPHIS

Alcy Samuels Park, 1401 Alcy Rd. Includes: Playground, ball field, basketball courts, and fitness trail. Two laps = 1 mile.

Chandler Park, 965 Walker Ave. Includes: 2 outdoor basketball courts, pavilion, and a walking trail.

Charjean Park, 2601 Ketchum Rd. Includes: Playground, ball field, play equipment, and pavilion.

Cherokee Park, 2927 Filmore Ave. Includes: Playground, ball field, basketball court, pavilion, & a fitness trail. Two laps = 1 mile.

Godwin Park, 4410 Mallory Ave. Includes: baseball field.

Robert O'Brien Park, 1692 South Prescott St. Includes: 0.5-mile fitness trail. 2 laps = 1 mile.

MIDTOWN

Audubon Park, 4145 Southern Ave. Includes: Park, golf, Botanic Gardens, tennis center and a 1 mile Cancer Survivors Park.

Avon Park, 310 N. Avon. Includes: play equipment.

Gaisman, 4221 Macon. Includes: Gaisman Community Center, softball fields, play equipment, and one mile walking trail.

Overton Park, 2080 Poplar Ave. Includes: Memphis Zoo, Brooks Museum of Art, formal gardens, Memphis College of Art, Levitt Shell, Veterans Plaza, statues, and picnic areas.

Pauline Marquette Park, 4946 Alrose Ave. Includes: Playground, ball field, 0.5-mile walking trail. Two laps = 1 mile.

Sea Isle, 5220 Sea Isle. Include: McWherter Senior Citizens Center and 1-mile walking trail.

SOUTHWEST MEMPHIS

Belz Park, 1965 Shelby St. Includes: Playground ball field, 0.75-mile walking trail and play court.

David Carnes Park, 902 Whitehaven Lane. Includes: Playground, ball field, play equipment, pavilion, 0.5-mile walking trail, and a picnic area. Two laps around equals 1 mile.

Dalstrom Park, 1015 W. Shelby Dr. Includes: 2 playgrounds, pavilion & picnic areas, and a 1.5 mile walking trail.

Gaston Park, 1046 S. Third St. Includes: Gaston Community Center, 0.25-mile walking trail, pavilion, and play equipment. Four laps around walking trail = one mile.

Sidney Lanier Park, 781 Crescent Rd. Includes: Play equipment & 0.5-mile fitness trail. Two laps = 1 mile.

DOWNTOWN

Denver Park, 3475 Denver St. Includes: Playground, ball field, basketball court, & a 0.33-mile walking trail. Three laps = 1 mile.

Mississippi River Greenbelt, Island Dr at Auction. Includes: Boating, 1.5 mile riverwalk with views of the Mississippi River.

Morris Park, 731 Poplar Ave. Includes: Play equipment, .25 walking trail and 2 basketball courts. Four laps = 1 mile.

Pickett Park, 2555 St. Elmo. Includes: North Frayser Community Center, walking trail & a playground. Five laps = 1 mile.

Washington Park, 1972 N. Second St. Includes: Play equipment, basketball court, and walking trail. Two laps = 1 mile.



SCHOOL OF WALK & RUN ACTIVITY TRACKER

Record your child's steps, miles or minutes of activity each week. Return completed tracker to your child's teacher.



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

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SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

LA ESCUELA DE CAMINAR Y CORRER: DIARIO DE ACTIVIDAD FÍSICA

Anote los pasos, millas o minutos de actividad física de su hijo cada semana. Devuelva el diario completado al maestro de su niño.



	SEMANA 1	SEMANA 2	SEMANA 3	SEMANA 4	SEMANA 5
DOMINGO					
LUNES					
MARTES					
MIÉRCOLES					
JUEVES					
VIERNES					
SÁBADO					

	SEMANA 1	SEMANA 2	SEMANA 3	SEMANA 4	SEMANA 5
DOMINGO					
LUNES					
MARTES					
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