

WALK DAY IN THE PARK

TIPS BY: TEAM SUPER JACK



#1

Find a local park that is free and open to the public. Try to pick a picturesque location that is central to a number of Walk teams.

#2

Reach out to a few friends that have local Walk teams. Ask if they would be interested in meeting up at the park at a specific time on Walk Day.

#3

Ask all the teams involved to wear their team shirts and show their colors! If you don't have team shirts, wear your JDRF gear!

#4

Share your Team Celebration Kit goodies or run to the dollar store for some festive supplies. Kids especially like bubbles and balloons!

#5

Walk as long as the group decides to walk. Don't get caught up in the mileage. Just enjoy the day and being with other T1D families!

#6

Make sure to stay safe. Wear masks when in close proximity and use hand sanitizer to kill germs.