



# Challenge of the Month

## OCTOBER

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The Clearinghouse for Military Family Readiness and 5210 Healthy Military Children invites you to participate in the 5210 Challenge of the Month! The Challenge of the Month can be done by all ages and it's recommended to complete with a group of friends or family. When completing the challenge, take pictures to later post on social media such as Facebook or Twitter. Finish your post with #5210HMC. This will allow the Clearinghouse team to review and highlight installations and their venues participating in the health messaging campaign!

## International Walk to School Day

### PARTICIPATE IN THE 5210 CHALLENGE OF THE MONTH

Your Challenge this month is to organize a Walk to School Day event! Visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org) and work with your community leaders to help plan the event. Take pictures and post to social media tagging #5210HMC!

#### More About Walk to School Day

##### How it All Started

Starting in 1997 as just a one-day event, Partnerships for a Walkable America expanded from just the states to becoming an international event in 2000 when the UK, Canada, and the US joined together to promote awareness and safe paths to school.

##### Organize an Event

The website provides information on learning the basics, FAQs, planning and outreach tools, registering or finding an event, and information on how to keep walking to school year-round. Don't forget to take pictures of the event and tag #5210HMC!

