



Neighborhood Association

WALK CHALLENGE

This May, we are inviting Neighborhood Associations to participate in a Walk Challenge to encourage residents to get outside and enjoy their neighborhood. Walking locally creates opportunities for neighbors to connect, helping to build a stronger sense of community and social cohesion. Increased foot traffic can also contribute to a greater sense of safety and help deter crime.

Encourage residents to get out and walk your neighborhood this May—because the neighborhood with the most total steps will win an additional \$500 for your National Night Out event on August 4th.

Funds can be used at your neighborhood's discretion to enhance your event. So, let's get moving!

Encourage as many residents as possible to participate and help your neighborhood climb to the top.

Set a daily goal (like 8,000 steps) and turn your walks into opportunities for connection, exploration, and fun. Invite kids, neighbors, and friends to join – every step counts!

Health benefits of daily walking:

- Strengthen your heart and improve circulation.
- Promotes better sleep quality.
- Lower blood pressure and cholesterol.
- Reduces risk of heart disease and stroke.
- Burn calories and support weight management.
- Reduce stress, anxiety, and symptoms of depression.
- Improve focus, creativity, and mental clarity.

Make it fun while you walk:

- Create a themed hunt: Find items of a certain color or spot trees and flowers in bloom.
- Try an alphabet walk – find something for every letter A-Z.
- Explore your neighborhood by photographing landmarks, parks, or historic architecture.
- Share your walking photos on your neighborhood Facebook page.

How to participate:

- Track your steps by using a phone or watch app from **May 1 through May 31**.
- At the end of the month, submit your step log to your Neighborhood Association President.
- Presidents will submit totals to the Neighborhood Planner with the City of Sioux Falls.



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NAME _____ NEIGHBORHOOD ASSOCIATION _____

Week 1	What did you see on your walk today?	Steps
Friday, May 1		
Saturday, May 2		
Sunday, May 3		
Monday, May 4		
Tuesday, May 5		
Wednesday, May 6		
Thursday, May 7		
Total		



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Week 2	Bring a bag and pick up trash in your neighborhood.	Steps
Friday, May 8		
Saturday, May 9		
Sunday, May 10		
Monday, May 11		
Tuesday, May 12		
Wednesday, May 13		
Thursday, May 14		
Total		



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Week 3	What did you see on your walk today?	Steps
Friday, May 15		
Saturday, May 16		
Sunday, May 17		
Monday, May 18		
Tuesday, May 19		
Wednesday, May 20		
Thursday, May 21		
Total		



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Week 4	How are you feeling about your accomplishments?	Steps
Friday, May 22		
Saturday, May 23		
Sunday, May 24		
Monday, May 25		
Tuesday, May 26		
Wednesday, May 27		
Thursday, May 28		
Total		



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Week 5	Increase your steps in the final week!	Steps
Friday, May 29		
Saturday, May 30		
Sunday, May 31		
Total		