



## Mall Walking

Sign up with ICT Food Rescue to have \$1 donated for every mile you walk!



### Why Mall Walk?

- To obtain recommended amounts of physical activity and numerous health benefits associated with walking.
- A temperature-controlled indoor environment that can be used for walking, regardless of seasonal changes and conditions.
- Mall security staff and presence of other walkers and shoppers help to ensure safety.
- Accessibility to level surfaces in a mall helps reduce the risk of injuries that may occur with hilly and uneven terrain.
- Well-lit restrooms available in malls may help overcome the worry of some adults about walking in public places, where there may not be access to restroom facilities.

### Participation Steps:

1. Pick up a punch card on the Mall Walking Tips signs at the mall entrances or at ICT Food Rescue's Upcycle Kitchen (across from Dick's Sporting Goods) Monday, Tuesday, or Wednesday between noon-2pm.
2. Walk during mall open hours: M-Th 9am-7pm, Fri & Sat 9am-8pm, Sun 11am-6pm.
3. Turn in your completed card at ICT Food Rescue's Dry Storage – simply drop your card through the metal gate.
4. Get a new card to continue walking and financially supporting the Upcycle Kitchen!

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Email [hwwichita@gmail.com](mailto:hwwichita@gmail.com) to support the next round of funding.