



# Tips To Encourage Your Child To Go For Regular Walks



Ignite the child's interest in walking by discussing the beauty of nature.



Instill positivity in the child about walking by sharing the benefits of being active.



Make walking part of your family routine to encourage consistent and active participation.



Make walking fun by taking a different route each time to explore something new.



Reward and appreciate your child for going on regular walks.



Let them choose the path and pace to ensure they perceive walking as a fun activity rather than a chore.



Allow the child to go for group walks with friends to break the monotony.



The instant results displayed by wearables like pedometers can help retain the child's interest in walking.