



Join us for a talk with Katy Bowman of Nutritious Movement March 26 @ 11 am on the sport court at The Funhouse

Walking is a major “movement food group” for human bodies. Kids’ developing bodies need the specific loads that come from traveling on foot and establishing this habit early can make staying active easier throughout their lifetime.

Walking is also a family-friendly way for everyone to increase their daily movement, time spent in nature, and amount of play and exploration. With early and regular exposure, children can walk farther than you think—but there are tricks of the trade!

Biomechanist, author, and mother of two Katy Bowman will share straightforward and joyful tips for increasing kids’ daily movement featured in her latest book [Grow Wild: The Whole-Child, Whole-Family, Nature-Rich Guide to Moving More](#). Learn more about Katy on her [website](#).