



THE walking classroom®

A program of  ALLIANCE FOR A HEALTHIER GENERATION

Walk, Listen, Learn!

Students listen to kid-friendly educational podcasts while walking—they walk, listen, and learn!

Increase physical activity, health literacy, engagement, & academic performance

- ▶ The program is used in all types of educational settings (classrooms, home, afterschool, camps, at-risk youth, etc.).
- ▶ Perfect for both in-person or virtual learning.
- ▶ Podcast topics cover English language arts, science, and social studies (including biographies) and are appropriate for grades 3 through 8.
- ▶ Each standards-aligned podcast averages 15–20 minutes and starts with a health message to build health literacy.
- ▶ Character values woven throughout each podcast support social and emotional learning.
- ▶ Program Guides include lesson plans, discussion questions, and quizzes for each podcast.
- ▶ Tons of free supplemental resources and activities for each podcast, free online training, and free professional development.
- ▶ The program is EASY to implement.
- ▶ Kids LOVE it!

Perfect for any
learning environment



Research-Proven

Walking while listening to our podcasts supports:

- ✓ Higher levels of cognitive performance (on both short- and long-term learning!)
- ✓ Improved mood
- ✓ Increased classroom engagement
- ✓ Improved health literacy
- ✓ Greater enjoyment of walking
- ✓ Promotes discussion of character values

Based on research conducted by the
University of North Carolina at Chapel Hill

Our award-winning nonprofit program is used by
students in both rural and urban settings in all 50 states!

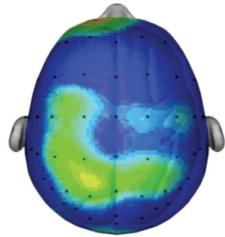
“Thank you for creating a fun and engaging curriculum that doesn’t waste time or take extra effort. Thank you for aligning to my standards. Thank you for integrating science and social studies topics. Just... thank you.”

— Candice, 5th grade teacher, NC

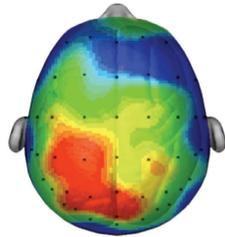


Evidence-Based

A composite of 20 student brains taking the same test:



After sitting quietly



After 20-minute walk

Research/scan compliments of Dr. Chuck Hillman, University of Illinois.

WalkKit Audio Devices

- ▶ WalkKits are preloaded with a school-year’s worth of podcasts
- ▶ No updating required
- ▶ Durable and reusable year after year
- ▶ Podcasts can be played at slower speeds



Preloaded WalkKit® audio device

Product Information

WalkKit Audio Devices*

- **WalkKit®**
Preloaded with 190 podcasts, including two fully in Spanish, on topics including English language arts, social studies, science, and more**\$200**
- **Class Set of WalkKits®**
Includes 30 audio devices, each preloaded with 190 podcasts.....**\$5,550**

All WalkKits include full podcast library, electronic program guide, plus access to online training and additional resources.

* Each child uses their own WalkKit while walking, but sets can be shared among multiple classrooms.

Program Guide

- **Printed Program Guide**
Includes detailed lesson plans for each podcast.....**\$150**
- **Electronic Program Guide (PDF format)** **Free**

More than 90% of educators using The Walking Classroom agree the program:

- ▶ Helps students meet physical activity goals
- ▶ Is a helpful supplemental resource for teachers
- ▶ Increases student engagement in learning topics and discussion

Happy Trails!

TheWalkingClassroom.org | 919-240-7877 | info@thewalkingclassroom.org

The Walking Classroom is a program of Alliance for a Healthier Generation, a 501(c)(3) nonprofit organization.