



Taking Green Strides

Green activity ideas to increase your step count!

Waste Bin Mapping

Tools: street map and pen.

Walk around neighborhood commercial area, marking public spaces and intersections on your map where recycling bins and garbage cans are available. Compare the map to places you like to go if there is recycling available. Notice if bins are well labeled and request additional bins from city, park, or business managers if needed. Count the steps to reach various bins.

Park Cleanup

Tools: trash bags, gloves, map.

Organize a river or park cleanup with your family, community, or work group. Identify and remove litter from public spaces, disposing safely in appropriate waste and recycling containers. Compete for the most number of bags of litter collected or distance/area of parkland cleaned with a green prize.

Trash Art Mural

Tools: trash bags, glue, display board.

Go on a scavenger hunt to collect litter in your neighborhood. Select clean items to use in the mural, recycling and safely disposing of remaining litter. Use your creativity and glue or affix litter to display for an artistic mural that shows waste found in your own community.

Lose the Gas, Use your Feet!

No supplies needed.

Reduce your carbon footprint and make real footprints by walking or biking for daily tasks instead of driving. Set aside a few extra minutes to walk or bike to the bank, post office, market, or work. Share the fun by commuting in groups; choose a captain to lead teams safely to your destination.

Human Power

Supplies as required for task.

Compete to reduce energy use and increase physical activity by replacing machines with human power. Give your dishwasher a break and grab a sponge; unplug your washer and dryer and use a tub and clothesline; try a pushmower instead of a gas or electric lawnmower or wash your car by hand. Cut down bills with human energy!

Screen-Free Fifteen

No supplies needed.

Make your workplace more active by taking regular power-out breaks. Find a daily or weekly time to turn off computers, cell phones, etc. and share at least 15 minutes walking or other exercise together away from your desks. Try 30 or 60 minutes at home to earn your steps off the couch with no TV or tablets.



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