



# Christmas Parade Walk

During the month of December 2015, approximately six schools and 200 students, parents, and volunteers walked in Christmas parades across Region 7. Children and parents walked down the streets sporting Active Routes to School Region 7 t-shirts, sunglasses, visors, wristbands, heel lights, and more. These events were not only held to promote physical activity, they also demonstrated the fun that walking can bring!

Walking creates a feeling of joy and independence - a sense of adventure - that does not fade. When walking or biking, parents and children get to appreciate things they do not notice while driving - listening to sounds of the neighborhood, seeing friends and neighbors and feeling connected with their community. Parents, children and friends can enjoy one another's company without the usual distractions.

Walking and bicycling events celebrate these experiences and help make them possible for others. They bring schools and communities together for a common purpose. Most of all, they are fun!

To learn more about the ARTS project contact Nicole Westley at 919-989-5200 or [nicole.westley@johnstonnc.com](mailto:nicole.westley@johnstonnc.com)



Help **COLOR** Jen, Jeff and their dog Roscoe as they walk safely on the sidewalk and not in the street.



## Fun Activity

### Fresh Apple Salsa

It's that time of year when your options for local, seasonal fruits are mainly apples. Packed with Vitamin A & C, apples are one of the healthiest foods a person can eat.

**Makes:** 12 (serving size: 1/4 cup)

**INGREDIENTS**

- 2 cups diced peeled Spartan apple (about 3/4 pound)
- 1/2 cup diced red bell pepper
- 1/3 cup fresh lime juice
- 1/4 cup diced red onion
- 1/4 cup minced fresh cilantro
- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 jalapeño pepper, seeded and minced



Courtesy: myrecipes.com

**PREPARATION**

Combine all ingredients, stirring well.

