



**“Walking for Wellness”  
Fitness Walking Permission Slip**

Parent/ Guardian:

We are excited to implement “Walking for Wellness” Fitness Walking class at Rancho Vista this quarter. This is a great opportunity for your student and I am excited to have them in class. Here is a brief overview of the class:

Facilitated group walking with warm up, stretch, and cool down.

Students will experience walking as a simple way to boost activity levels while improving overall wellness. Regular walking is a healthy habit that comes with a multitude of benefits.

Walking can:

- Reduce your risk of heart disease
- Improve your blood pressure
- Improve your blood sugar levels
- Improve your blood lipid profile
- Enhance your mental well being
- Help maintain a healthy weight
- Strengthen your bones
- Improve your balance and coordination
- Assist in lessening feelings of being overwhelmed and help to calm negative emotions

Please fill out the "Minor-Voluntary Excursion/Field Trip Waiver and Medical Authorization" form attached. By filling it out, you are giving permission for your son/daughter to walk "off campus" with our Fitness Walking class each day. Walking routes are within approximately 1 mile radius of Rancho Vista High School and will include, but are not limited to:

1) Dirt walking trail adjacent to and behind Rancho Vista High School and along De Portola and Meadows Pkwy.

2) Sidewalks and crosswalks in the vicinity of the campus.

Students are instructed to follow standard city/state rules and regulations related to pedestrians such as only crossing streets at the light using the crosswalk and walking in the opposite direction of the traffic when applicable. Students must walk with a "buddy" or group of students, and stay within visual contact of the instructor at all times. Any student leaving the group and “taking off” will be considered truant and receive a referral.

If you have questions, feel free to call or email me anytime.

Lisa Shanahan  
[lshanahan@tvusd.k12.ca.us](mailto:lshanahan@tvusd.k12.ca.us)