



Walking Challenge Week 4

As you continue on this road to wellness, the hope is that walking becomes a regular part of your life to help you reach your desired dreams and destination of optimal health and well-being. Just remember along your journey to:

- ✓ **Remind Yourself To Win Today:** Focus your attention on what you can do today. Ask yourself, "How can I win today?" No matter what your previous experiences or attempts to change your fitness habits in the past have been, remind yourself to take one step and one day at a time!
- ✓ **Plan Your Walking:** Good walking and exercise habits happen because we make them happen. Schedule "non-negotiable" appointments to take a walk—even if it is just five or 10 minutes.
- ✓ **Stop and Smell the Roses:** Make walking for wellness not just what you do— but who you are.
- ✓ **Share Your Story with Others:** One of the best ways to make walking a regular part of your life is to share your story with others. Make it a point to share with those you love, those in your workplace or community.

Recognition

Participating in this walking program has boosted my overall wellness by helping me (check all that apply):

- It provides motivation to move even more.
- It enhances my personal relationships.
- It offers me an improved body image and sense of self.
- It elevates my happiness and life satisfaction.
- Other: _____

Appreciation

This week, walking has made me feel:
