

Walk Every Day in May

Tick the days on the calendar below each time you walk

<p>1 Get those shoes ready – Let's go!</p>	<p>2 Walk with a friend to keep you going</p>	<p>3 Start slowly and build up gradually</p>	<p>4 Why not walk first thing to get into a routine</p>	<p>5</p>
<p>6</p>	<p>7 Keep a record of when you walk to help with motivation</p>	<p>8</p>	<p>9 Have your kit ready the night before</p>	<p>10 Plan when you are going to walk and stick to it</p>
<p>11 Don't think about it – just walk!</p>	<p>12</p>	<p>13 Put a reminder on your phone to walk every day</p>	<p>14</p>	<p>15 Walk in the morning? lunchtime? or evening?</p>
<p>16</p>	<p>17 Are you up for another walk today?</p>	<p>18</p>	<p>19</p>	<p>20 Are you counting your steps?</p>
<p>21 Did you manage to get out and walk today?</p>	<p>22 It only takes 20 minutes to walk a mile – try it!</p>	<p>23</p>	<p>24 Noticed anything different on your walk today?</p>	<p>25 Have you got into the habit of walking every day?</p>
<p>26 Why not join a Health Walk?</p>	<p>27</p>	<p>28 Give ParkWalk a go! More info on ParkRun website</p>	<p>29</p>	<p>30/31 Well done, you did it! Why not continue?</p>