



Walking Challenge Week 3

According to the latest research, individuals who walk for a cause and in community with others significantly increase their motivation and quality of their emotional, relational and spiritual health. Take a look at what science says. Regular walking for a cause and with others:

- ✓ Elevates your motivation to move more and to make better health decisions
- ✓ Increases social interaction
- ✓ Improves conversational skills
- ✓ Enhances relationships, bonding and a sense of community
- ✓ Decreases feelings of loneliness, depression and despair
- ✓ Increases likelihood of starting and sticking with your walking routine
- ✓ Raises enthusiasm for life
- ✓ Boosts self-worth, attitude, meaning and purpose for life
- ✓ Increases longevity
- ✓ Speeds up recovery from injury and illness
- ✓ Elevates happiness and life satisfaction
- ✓ Improves the lives of others

This week while you walk, tune in to how you're feeling emotionally. Does walking feed your spirit? Do you feel empowered when you exercise on a regular basis? Are you finding it easier to connect with your spouse, friends or children? Are you greeting the day with a greater sense of purpose?

Recognition

Walking is important for my heart and spirit because (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:
