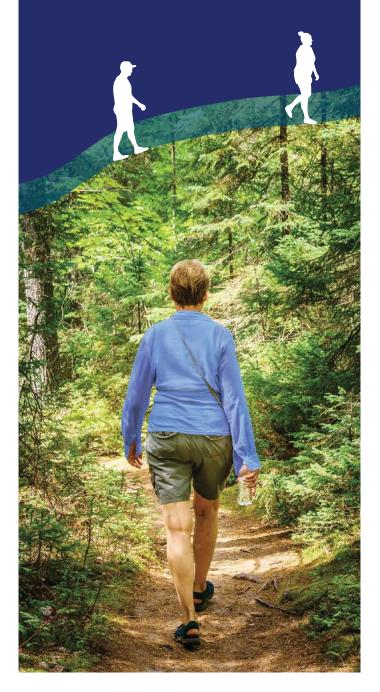
### WALKING FOR THE

## Way of Wellness

Walking is one of the most accessible, powerful activities that supports the six ways of wellness: intellectual, emotional, social, vocational, spiritual, and physical.





#### **Physical Wellness**

Stay in motion with these physical benefits of walking:

**Heart Health:** Walking briskly for 30 minutes a day, five times a week, can reduce the risk of heart disease.

**Weight Management:** Walking boosts our metabolism and burns calories.

**Joint Health and Longevity:** Walking strengthens muscles, lubricates joints, and reduces the risk of arthritis.

**Pro Tip:** Walk outdoors to get fresh air and Vitamin D to support immune function and bone health.



#### **Intellectual Wellness**

Sharpen the mind through these intellectual benefits of walking:

**Brain Health:** Walking expands the hippocampus, a brain region essential for memory and learning.

**Cognitive Boost:** Walking supports blood flow to the brain, reducing the risk of dementia and improving brain function.

**Pro Tip:** Engage your mind by listening to an audiobook or educational podcast on your walk.



#### **Emotional Wellness**

Support your mental health with these emotional benefits of walking:

**Mood Boost:** Walking releases endorphins, the body's natural painkillers and mood elevators, and reduces cortisol levels, the stress hormone.

**Enhanced Confidence:** Walking consistently is an accessible feat that improves your self-esteem.

**Pro Tip:** Regulate breathing and emotions on walks by breathing in through your nose and out through your mouth.

# Practical Tips for Step Challenge Success

- Set personal goals to celebrate milestones along the way
- Start with 10-minute walks and gradually increase the duration
- Track your steps with pedometers, fitness apps, or smartwatches
- Stay hydrated and lace up with proper footwear
- Explore new routes and trails to keep things interesting



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Making lasting connections through these social benefits of walking:

**Stronger Relationships:** Walking with a pet, friend, or loved one fosters connection and accountability.

**Making Acquaintances:** Walking in public encourages social interactions and meeting new people.

**Motivation Boost:** Walking with others increases your drive to accomplish things that matter to you.

**Pro Tip:** Start a walking group to bond and improve morale, like strolls after dinner with family or lunch break walks with colleagues.



#### **Vocational Wellness**

Strive for high performance with these vocational benefits of walking:

**Focus and Productivity:** Walking boosts creative thinking and problem-solving skills essential for any task.

**Enhanced Energy:** Walking improves circulation, alertness, and energy levels for longer stretches of work.

**Pro Tip:** Take a five-minute movement break every hour to reset focus and combat sedentary fatigue.



#### **Spiritual Wellness**

Move with purpose and presence through these spiritual benefits of walking:

**Mind-Body Connection:** Walking in nature promotes a sense of peace, gratitude, and purpose.

**Reflection and Mindfulness:** Walking allows room for self-reflection and alignment with personal values.

**Pro Tip:** Reflect on things you're grateful for as you walk to elevate happiness and reduce stress.