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: __________________________________________