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: