

# GM Walking Festival 2021

## BEGINNER: Short walks for those new to walking

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1st</b> Spend 20 mins outside	<b>2nd</b> Have a brew and <b>a walk</b> with a friend	<b>3rd</b> <b>Picnic in the park with family or friends</b>	<b>4th</b> Take a <b>1000 - 2000 step</b> walk	<b>5th</b> Take a 10-20 minute break outside	<b>6th</b> Stroll to the local shop	<b>7th</b> Try a usual route in the opposite direction
<b>8th</b> Visit a <b>park or woodland</b>	<b>9th</b> Photograph something <b>BLUE</b> Share <b>@GMWalks</b>	<b>10th</b> <b>Notice</b> 3 things you find unusual or pleasant	<b>11th</b> Start <b>your day</b> with some fresh air	<b>12th</b> <b>Walk and talk</b> on the phone	<b>13th</b> Take a walk - notice the air, the ground the sounds	<b>14th</b> Wind down walk with your favourite music
<b>15th</b> Take a <b>walk</b> along a river or canal	<b>16th</b> Photograph something <b>ORANGE</b> Share <b>@GMWalks</b>	<b>17th</b> Walk with a friend, neighbour or colleague	<b>18th</b> <b>Walk</b> to school, to work or before breakfast	<b>19th</b> Take a <b>new route</b> today	<b>20th</b> Get some fresh air in the local <b>park</b>	<b>21st</b> Walk a <b>GM Daily Mile</b> (20 minutes or about 2000 steps)
<b>22nd</b> Find a small incline to walk up today	<b>23rd</b> Photograph something <b>RED</b> Share <b>@GMWalks</b>	<b>24th</b> Take a walk around the block	<b>25th</b> Get outside in your own way	<b>26th</b> Take a <b>10-20 minute stroll</b> after work or after tea	<b>27th</b> Move for 5 minutes in a way that makes you feel warmer	<b>28th</b> Take a walk then fill in the GM Walking Festival survey here
<b>29th</b> Plan a family <b>route</b> linking some local landmarks	<b>30th</b> Get outside today! Don't forget to share your walks this month <b>@GMWalks</b>	<b>31st</b> <b>Family Walk - try a new route park or area?</b>	<p>Tick off the days as you get out through the month Keep track of all the walks you do, and you can add your own walking ideas and small challenges</p>			