

GM Walking Festival 2021

BEGINNER: Short walks for those new to walking

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