



GM Walking Festival 2021

EXPERIENCED: Someone who walks a lot for leisure and their daily routine

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1st Take a 5 mile walk	2nd Show someone else a favourite route	3rd Plan a picnic walk with family or friends	4th Take a 10,000 step walk	5th Take a 30-60 minute walk	6th Swap the car and walk to the shop	7th Try a usual route in the opposite direction
8th Visit a favourite <u>park or woodland</u> you enjoyed as a child	9th Photograph something BLUE Share @GMWalks	10th <u>Notice</u> 3 things you find unusual or pleasant	11th Start <u>your day</u> with some fresh air	12th <u>Walk and talk</u> on the phone	13th Take a walk - notice the air, the ground the sounds	14th Wind down walk with your favourite music
15th Take a <u>walk</u> along a river or canal	16th Photograph something ORANGE Share @GMWalks	17th Walk with a friend, neighbour or colleague	18th <u>Walk</u> to school, to work or before breakfast	19th Plan and walk <u>a new route</u>	20th Walk to connect 3 local greenspaces	21st Walk a <u>GM Daily Mile</u> (20 minutes or about 2000 steps)
22nd Climb a hill on your walk	23rd Photograph something RED Share @GMWalks	24th Take a walk around the block	25th Go the long way round on your walk today	26th Take a <u>60 minute stroll</u> after work or after tea	27th Try an hour's walk at a brisk pace	28th Take a walk then fill in the GM Walking Festival survey here
29th Plan a landmark trail walk	30th Get outside today! Don't forget to share your walks this month @GMWalks	31st Family Walk - try a new route park or area?	<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>			

#GMWalking #GetOutThisMay

www.gmwalking.co.uk