



GM Walking Festival 2021

INTERMEDIATE: People who walk fairly often and in their everyday routine

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1st Take a 2 mile walk	2nd Have a brew and a walk with a friend	3rd Plan a picnic walk with family or friends	4th Take a 5000 step walk	5th Take a 20- 30 minute brisk walk	6th Swap the car and walk to the shop	7th Try a usual route in the opposite direction
8th Visit a park or woodland	9th Photograph something BLUE Share @GMWalks	10th Notice 3 things you find unusual or pleasant	11th Start your day with a walk	12th Walk and talk 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 walk along a river or canal	16th Photograph something ORANGE Share @GMWalks	17th Walk with a friend, neighbour or colleague	18th Walk to school, to work or before breakfast	19th Take a new route today	20th Get some fresh air in the local park	21st Walk a GM Daily Mile (20 minutes or about 2000 steps)
22nd Find a hilly route to walk today	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 30-45 minute walk after work or after tea	27th Include 20 minutes at a brisk pace within a 30 minute walk	28th Take a walk then fill in the GM Walking Festival survey here
29th Plan a family route linking some local landmarks	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</p> <p>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