



Wellness Walks

January

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Theme: In January we will focus on MAKING A CHANGE!

January's theme is **Making a Change**. When the New Year begins, people often think about how they can **make a change** to improve something in their lives. We can make a change by practicing and forming positive habits—even small changes can have big impacts! For example, spending time walking outside regularly can have positive impacts on our mental and physical health. We can also make changes by doing something positive for the environment. As part of the New Year, make a pledge to make a change in your daily life.

Activities:

- Find an accountability buddy. Challenge each other by taking the [walking/rolling pledge](#). At the end of the week, share your progress with each other.
- Time yourself while on your walk. Can you beat the number of minutes that you walked yesterday?
- What changes would you like to see in your neighborhood? Go on a walk and fill out [this assessment](#) to see how your neighborhood walk could be improved.

Talk about those changes with a parent or guardian.

Make sure to use [these helpful tips](#) on your walk!



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