



WALKING TOWARDS WELLNESS



How to Change Your Walk

Dear Participant,

You are now coming down to the completion of the ***Walking Towards Wellness*** program—you are in week #9! Are you bored with your routine of walking? If so, here are some helpful hints to provide a change:

- Add a new walking partner.
- Alternate walking partners—i.e. 2 times/week with Joe and 3 times/week with Cindy; this will stimulate commitment and motivation.
- Change your route.
- Change your time.
- Change your days.
- Reset goals:
 - Short-term—walk one more day per week.
 - Long-term—sign up for the marathon!
 - Write in your journal.
 - Ask a new walker to join you.

Whatever it takes, just do it! You are worth it!