**Walking Challenge**

**Fall Wellness Activity**

Submitted by Karen Bishop – School Board Wellness Champion



As your Wellness Champion I would like challenge each of you to log some steps in for the next month until the Thanksgiving holiday. Walking is a simple way to get the recommended minutes of moderate activity weekly. A 30-minute walk daily can improve heart health, strengthen muscles and bones, reduce body fat, and the risk of developing diseases such as diabetes, heart disease, stroke and even some cancers.

Walking can be done at an individual’s own pace at any time of the day. There are few risks like those associated with more vigorous exercise. So, my challenge to each you for the next month is walk daily for a healthier you and let’s finish 2020 strong!

Message Karen send to co-workers to introduce challenge:

Good morning,

As we head into fall and hopefully some cooler weather I would like to challenge each of you to start moving daily for better health.  Please see the attached Walking Challenge – Fall Wellness Activity.  I know everyone is super busy but if you have a moment to send me an email and tell me how your doing a few weeks or send me a picture of you out walking and I can share it with Carla Cosio our Wellness Liaison.  We all spend so much time each day sitting and I know just making a concerned effort to get out and walk daily will be a positive step for everyone.