



RAMHA



recovery across mental health



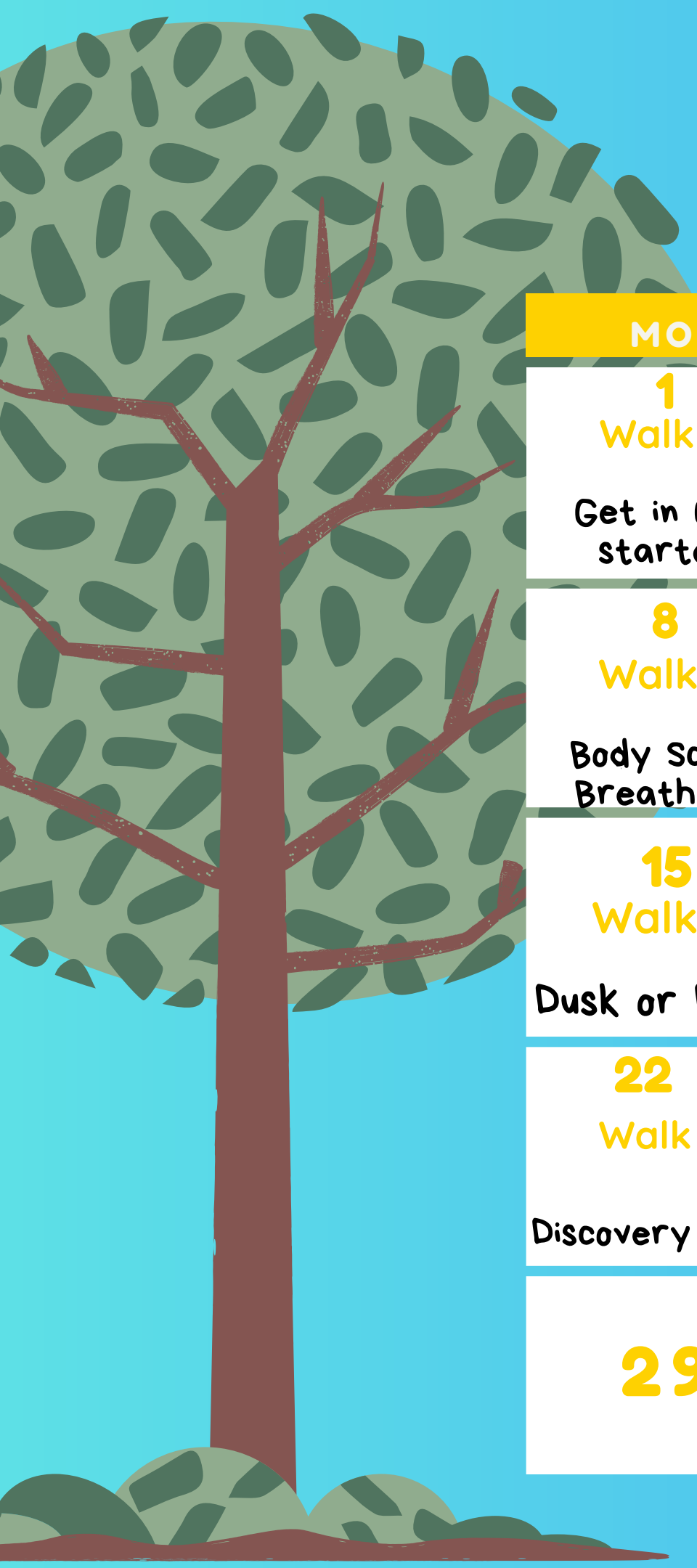
# Wellness Walking

Being active is great for your physical health and fitness, and evidence shows it can also improve your mental wellbeing.

This is a monthly plan to help you get motivated and get out into nature, walking mindfully.

# Wellness Walking Monthly Plan

MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b> Walk 1 Get in Get started	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> Walk 2 Body Scan/ Breathing	<b>9</b>	<b>10</b> Walk 3 Look/Listen	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> Walk 4 Dusk or Dawn	<b>16</b>	<b>17</b> Walk 5 Capture it!	<b>18</b>	<b>19</b> Walk 6 Long Walk	<b>20</b>	<b>21</b>
<b>22</b> Walk 7 Discovery Walk	<b>23</b>	<b>24</b> Walk 8 Memory Walk	<b>25</b>	<b>26</b> Walk 9 Buddy Up	<b>27</b>	<b>28</b> Walk 10 Reflection Walk
<b>29</b>	<b>30</b>	<b>31</b>				



## WEEK 1

**Walk 1 :** Get out Get started, don't think about time distance or targets just get shoes on and get out that front door, today that's the success

## WEEK 2

**Walk 2 :** Be Mindful, think about your body how you feel when you walk concentrate on regulating and controlling your breath

**Walk 3 :** Look Listen, take advantage of being out, look up! View everything around you and listen to the sounds appreciate your environment

## WEEK 3

**Walk 4 :** Dusk or Dawn, the world is a very beautiful and different place at these times motivate yourself to go out and view it!

**Walk 5 :** Capture It! You've experienced being in your walk now capture it by taking a photo or writing about how you felt when you return home

**Walk 6 :** Long Walk Challenge, this will be different for everyone but whatever you consider a regular walk try to double it (10mins= 20 , 1mile becomes 2!)

## WEEK 4

**Walk 7 :** Discovery Walk : Get of the beaten track be adventurous, find a road or a path you have never went down before

**Walk 8 :** Memory Walk : You can either walk in a place from a positive time in your life or think about positive memories as you walk your normal route

**Walk 9 :** Buddy Up : Don't do it alone persuade a friend family member or neighbour to join you in your exercise, spread the joy and walk together

**Walk 10 :** Reflection walk, reflect on what you have achieved this month through your walking and think how you now can keep that momentum going

