

**time to
talk day**
01/02/24

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Walk 2
Body Scan

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Walk 3
Look & Listen

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Walk 4
Dusk or dawn

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Walk 5
Capture it!

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Walk 6
Long walk

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Walk 7
Discovery

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Walk 8
Memory walk

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Walk 10
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Wellness Walking Plan



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.

Week 1

Walk 1: Time to Talk. Download a resource pack from the See Me website and join the nation's biggest mental health conversation on a walk and talk.

Week 2

Walk 2: Body scan. Think about your body how you feel when you walk. Concentrate on regulating and controlling your breathing.

Walk 3: Look & listen. Take advantage of being out by looking 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! Capture your walk by taking a picture or doing a piece of writing about how it feels.

Walk 6: Long Walk Challenge. This will be different for everyone but try to double whatever you consider a regular walk: 10 minutes becomes 20 minutes, 1 mile becomes 2!

Week 4

Walk 7: Discovery Walk. Get off the beaten track be adventurous, find a road or a path you have never been down before.

Walk 8: Memory Walk. 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!

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.