

EVERY STEP YOU TAKE

WALK WITH A PURPOSE

It can be difficult to find the motivation to exercise. It takes time, effort, and persistence to stay committed to any lifestyle change. Research has shown that over 50% of people who begin a fitness program will drop out over the first 6 months. (Berger, Pargman, & Weinberg, 2002; Matsumoto & Tekenaka, 2004). Here's a truth you already know: No amount of outside motivation, research and information, or anecdotal stories will motivate you to do something that you don't have a purpose for.

Ready to commit to a regular walking fitness routine?

- ✓ Put yourself in the right state of mind.
- ✓ Define why it is important to you and be honest with yourself.
- ✓ You'll find your purpose by asking "Why"?

BOOST YOUR MOOD & REDUCE STRESS?

If the purpose of a daily walk is stress management, you've made the right choice! Leisure walking especially outdoors can be restorative and relaxing. Whether for leisure or fitness, walking can combat symptoms of depression, anxiety and boost mood because of its actions on stress hormones and the triggering of endorphins. Listen to a podcast or walking meditation to get the most out of this stress busting activity.



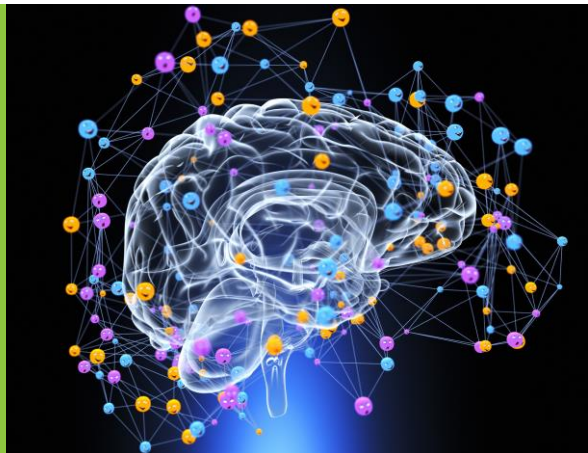
PREVENT CHRONIC DISEASE OR MANAGE SYMPTOMS

The mounting research supporting walking as prevention to chronic disease and illness is undeniable. Whether you are trying to prevent falling to a strong genetic line of heart disease, looking to lose weight, or managing the symptoms of diabetes through physical activity; if your purpose is chronic disease prevention, you're walking on the right track!



CLEAR YOUR HEAD

Many people understand the benefits of quieting the mind through meditation but find it difficult to achieve because of the stillness often needed. Walking, while fully engaged in the environment around you allows you to be in the moment, activates your senses, and helps to distract from your internal worries and racing thoughts. Walking also increases blood flow to the brain and can be a great way to focus on one problem with the intention of finding a solution through your activity.

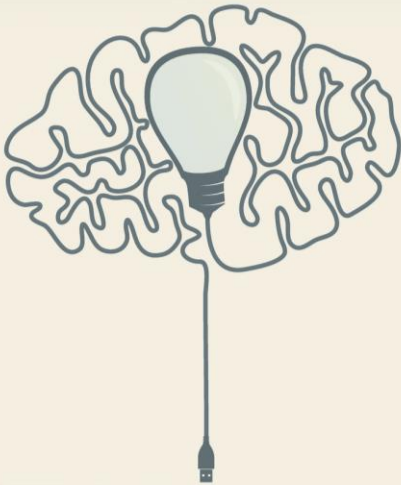


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NO MEMBERSHIP REQUIRED

That gym membership you bought 6 months ago is making you feel more guilty than fit. If the guilt of not living up to an expensive gym membership is ruining your motivation for fitness, go walk it off! No membership required, no expensive equipment, no guilt. Not only does it offer an all-round workout for the body, mind, and spirit, it's also the perfect solution when money is tight!



BOOST CREATIVITY & PROBLEM SOLVING

Are you in a job that requires a lot of creative thought? Perhaps your purpose for a lunch time stroll is to avoid creative burnout. A Stanford study found that a person's creative output increased by up to 60% when walking, whether on a treadmill or outdoors! Walking increases "divergent" thinking involved in creativity but also problem solving. Walking allows the brain to explore many possible solutions to problems in a short period of time and having those "light bulb" moments of making important connections. So, the next time your boss tells you you're on fire, remind him or her of your need for a walking break or meeting!

TIME FOR YOURSELF

You need more time for YOU! A daily practice of solitude such as prayer, meditation, or personal reflection is a gift to ourselves. It can be difficult to carve out the additional time in our schedule to ensure that we meet our own need to be "solo". Integrate personal solitude into a daily walk and experience a multitude of benefits. Like walking, it can reboot the brain, create deeper thinking, a sense of self, work through problems, and enhance the quality of relationships. A quiet walk alone may be the most perfect form of exercise for body, mind, and spirit.



**How do you maintain your commitment to fitness?
Determine your purpose, be patient, and visualize the result.
One step at a time.**

Sources: <https://www.thefreelibrary.com/Effect+of+goal+setting+on+motivation+and+adherence+in+a+six-week...-a0200185598>
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