

Summer 2017 Walking Challenge

May 28 – June 3

Increase the moving you are already doing: park in spaces far away when you run errands or go to work; take the stairs rather than the elevator (even just a couple of flights); take your lunch break farther away. Use your phone/computer less: walk to someone's office or to your neighbor's house to retrieve your kids; have a walking meeting (or chat). Consider investing in a pedometer.

June 4 - June 10

Take 5-minute walking breaks, twice a day. Need/want more? Take four breaks or two, 10-minute breaks. 5 minutes = approximately 500 steps; 2000 steps = approximately 1 mile!

June 11 – June 17

Make time for three 20-minute walks. Use this time to reflect on spring, renewal, and self-care.

June 18 – June 24

Welcome Summer! Take all your walks OUTSIDE.

June 25 – July 1

Grab your kids, grandkids, neighborhood kids and take them along with you on your walks. Adults have a positive impact on kids!

July 2 – July 8

Lots of people have some time off this week. Take advantage! Go on an adventure walk, somewhere you have not explored. Maybe around a new town? Or along a new trail?

July 9 – July 15

Go for 4 walks this week – all different routes.

July 16 – July 22

It's hot outside during the day, but the early mornings and evenings provide some wonderful relief. Move your schedule around so that your walks take place at a time that you are normally lounging around.

July 23 – July 29

How's your pace? Try to do the same route at least twice this week (that does not mean only walk twice!) and check your time.

July 30 – August 5

Destination walk. Choose a location to which you normally drive and walk there instead. Live too far from your destination? Drive part-way and walk the rest.

August 6 – August 12

Take a hike! Literally.

August 13 – August 19

Push yourself beyond your comfort zone. Add 5-10 minutes to your "normal" walking routine.

August 20 – August 26

Do you walk alone? With your spouse? With your co-workers? Do you listen to music? Books on tape? Try to change it up. Walk with someone that you have never walked with, lose the earbuds, maybe try 1-pound hand weights?

August 27 – September 2

Summer is almost over. Use the holiday weekend to take get in some walking outside of your neighborhood. Head to the park, the rail trail, or the boardwalk.

Join WalkWorks, our walking club, every Monday evening at 6 PM at Farnum Park Pavilion for a 2-mile walk. Email coalition@lightenuplancaster.org to join the club!

How Many Days Did You Walk?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							
Week 13							
Week 14							

Lighten Up Lancaster County is a coalition of organizations and individuals dedicated to increasing the number of people in Lancaster County at a healthy weight by creating an environment that supports healthy eating and physical activity. Visit us on the web at www.lightenuplancaster.org. For more information or questions about us, contact coalition@lightenuplancaster.org.