

MARCH
into

May



WALK FOR

Strong Relationships

Walking naturally leads to

conversation - it's not too strenuous, so you are not out of breath, giving you the perfect opportunity to talk about your day. Whether you are with a new friend, or your spouse of 20 years, walking provides an opportunity to check in with each other, exchange ideas, and offer support.

Did You Know?

Participating in a regular walking group can...



Improve communication



Boost self esteem and mood



Build support networks



Steady Pace Tip

Walking is an excellent form of physical activity for people of all ages and abilities. As you begin your walking program, consider the following:

- Start gradually
- Keep a steady pace
- Engage your core
- Swing your arms



Employee Spotlight



Jillian Hill
Youth Services

"My team and I go walking together to enjoy the outdoors while we problem solve stressful situations. It has been helpful to say, 'Let's go for a walk' and know we can share our frustrations in a comfortable setting so that we are better able to resolve the concern."

