



## Walking Challenge Week 2

Keep on trekking! Countless studies show that walking has a significant impact on not only our bodies, but also our emotional, intellectual and mental well-being. Regular walking:

- ✓ Reduces stress and improves ability to cope
- ✓ Releases feel-good brain chemicals like endorphins
- ✓ Decreases depression
- ✓ Enhances relaxation
- ✓ Decreases tension and worry
- ✓ Boosts brain power and creates new brain cells
- ✓ Improves cognitive functioning
- ✓ Enhances memory
- ✓ Keeps the brain young, decreases symptoms of dementia and Alzheimer's disease
- ✓ Reduces, treats and prevents anxiety and panic attacks
- ✓ Helps manage anger and feelings of hostility
- ✓ Boosts your mood; increases joy, happiness and sense of well-being

As you walk this week, tune into your mood and your interpersonal relationships. Do you feel like walking has helped you cope better with life's stressors? Are you happier than usual?

### Recognition

**Walking is important for my mind because (check all that apply):**

- It reduces my stress and improves my coping ability.
- It helps me manage my feelings of anger and hostility.
- It provides an emotional connection with others I walk with.
- It offers me uninterrupted time to think.
- Other: \_\_\_\_\_

### Appreciation

This week, walking has made me feel:

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