Challenge card

The Walktober challenge is about walking for wellbeing.

We encourage you and your family to try to walk as much as possible during the month - to and from school and work, for example, but try to find other opportunities to walk too.

Here's a list of five types of activity for you to try based on the NHS's Five Steps to Wellbeing. They are designed to help you and your family to feel happier, more positive and able to get the most from life. See our Walktober toolkit at myjourneyhampshire.com/walktober for lots more suggestions and how to enter our competition. We hope you enjoy this challenge.

- Connect: Switch the TV off and go for a walk, as a family or with your friends, in your local area or further afield.

- Be active: Make activity part of your everyday - go for a lunchtime stroll, play ball in the park or walk a friend's dog with them.

- Keep learning: Go for a walk somewhere you haven't been before, perhaps around a park, garden or historical site. See if you can learn the name of a tree or bird you see that you haven't seen before.

- Be mindful: Think about your surroundings during your walk and be at one with nature.

- Give to others: Take a friend for a walk, volunteer at a local garden or do a sponsored walk for charity.

myjourneyhampshire.com/walktober

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The Walktober Challenge

Each family member should try out one of the five types of Walktober wellbeing activities on as many days of the month as possible. Use the feet below to log your family's achievements. Colour in a section of each pair of footprints each day to log who did an activity.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Which of the five types of activity had the greatest impact on your family's wellbeing?

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<th>Connect</th>
<th>Be active</th>
<th>Keep learning</th>
<th>Be mindful</th>
<th>Give to others</th>
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Going forwards: If you have benefited from the Walktober wellbeing activities, don't stop just because Walktober has come to an end. Why not try to make them into lifestyle habits which you take with you into the future?

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Hampshire