

# walking challenge

WHAT'S YOUR  
**MOVE**

**1** Set yourself a walking target and complete it between now and 2 December. It could be how far you'll walk or how many times a week you'll walk.

**2** Find a new route that you have never walked before.

**3** Invite everyone from your household for a walk.

**4** Post a positive walking message on our Active in Barnsley Twitter or Facebook pages @BarnsleyMoving.

**5** Be mindful, take time to absorb the sights, smells and sounds around you. Has anything changed since your last walk?

**6** Find your nearest ParkRun venue and go walk the course.

**7** Have a catch up with a friend or work meeting on the phone while out walking.

**8** How far can you walk today? If you have a smartphone and want to track your distance, there's an app for that. You can download it from your app store. Try Strava, Fitbit or Nike Run Club.

**9** How many steps you think you can do today? If you have a smartphone, there's an app for that too. Download a step counter from your app store. Try Fitbit or GoogleFit.

**10** Before going out on a walk, make a list of all the things you might see and see if you can tick them all off. This is great when walking with kids.

**11** How many people can you say hi to, wave or smile at while out walking today? You really could make someone's day.

**12** Walk when you would usually take the car.

**13** Try power walking. You'll go further and it can boost your fitness and energy levels.

**14** Take a photo of something that makes you smile while out on a walk.

**15** Challenge a friend to see who can walk the furthest this week.

**We would love to see photos and videos of you completing the challenges! Please share them with us on social media:**

Follow us online using **#WhatsYourMove**

Facebook: **Active in Barnsley**

Twitter: **@BarnsleyMoving**

*Don't forget you can do each challenge more than once!*



**BARNSELEY**  
Metropolitan Borough Council