Dear Walking Challenge participants:

Today we begin our walking challenge! Here are the instructions:

1. Wear your pedometer all the time (except when you shower and sleep  ) At the end of every day, write down how many steps you took.
2. At the end of every week (SUNDAY), add up all of your steps and then email me before noon on Monday morning to let me know what the total is and I will write it on the poster. If you let me know your steps every week, you will also be entered into a weekly draw.
3. The goal is to walk the Yukon Quest Trail – 1,600 km
4. That is it.

You can walk in groups, walk solo, jog, do stairs, ride a bike. Whatever floats your boat. The point is to get moving and challenge yourself to be more active.  Exercise has so many benefits, especially when it is paired with a healthy diet too (free of refined sugar and processed food). I am attaching an infographic on the benefits of walking.

If you have any questions, just ask me.