October is <u>Walk</u>tober
National Walking Month

What is Walktober?

October is ideal for walking — the temperatures are cool and the colors are spectacular. Making the most of this great season, Walktober is a month-long campaign designed to inspire everyone to make walking a priority — in October and beyond. Walktober is an annual health promotion event that encourages people to get out and start walking more in the month of October.

Walking is one of the easiest ways for us to feel good, improve our mood and our overall health. We can do it anywhere and anytime.

How does it work?

Individuals track their steps (using a step counter) or minutes (dedicated walking minutes), aiming for 6000-10,000 steps or 30-60 minutes a day. The goal is to accumulate 5 or more leaves a week by recording daily minutes or steps:

30-44 minutes / 6000-7999 steps = red

45-59 minutes / 8000-9999 steps = orange

60+ minutes / 10,000+ steps = gold.

Any combination of red, orange, or gold leaves counts toward the goal. Participants who are just starting out shoot for 20 or more red leaves, while those who are already active aim higher. The idea is to have a challenging target and develop a walking habit they can maintain for good.

Who can participate?

Walktober is designed for everyone — from inactive individuals to those already making great strides toward better health. Anyone can step it up and be successful with this cool weather walking program.

Is there a team competition?

You can participate in Walktober on an individual level or feel free to create team competitions among friends and coworkers. For example, the group that averages the highest leaf score wins (red leaves = 3 points; orange leaves = 4 points; gold leaves = 5 points). This fun, encouraging addition helps build camaraderie and adds motivation, as participants not only contribute to their own success, but to their team's as well.

Looking for more on walking? Please find attached **Walking: The Health and Economic Impact**