

Walking is Convenient, Strategic, and COVID-safe



DON'T UNDERESTIMATE THE POWER OF A WALK.

When you consider what activity you can do almost every day, with little preparation, minimal effort, no equipment, and that can contract or expand to fit the exact amount of time you have available, *it's walking*.

When you want to do something that's good for your mind, body, and soul, it's walking. When you want someone's company (socially distanced)—or just want to be alone, *walking works*.

Walking reaps physiological, mental, and emotional rewards.

Experts on walking:



THE NATIONAL PUBLIC HEALTH INSTITUTE:

Centers for Disease Control

A single bout of moderate to vigorous activity (including walking) can improve sleep, thinking, and learning, while reducing symptoms of anxiety.



THE JOURNALIST: Ferris Jabr; *New York Times*, *Scientific American*, *New Yorker*, *Psychology Today*

When you go for a walk, you perform better on tests of memory and attention; your brain cells build new connections, staving off the usual withering of brain tissue that comes with age, and you can improve your sleeping, thinking, and learning, while reducing symptoms of anxiety.



THE DOCTOR: Dr. Jo Barton, *Senior Lecturer of the School of Sport, Rehabilitation and Exercise Sciences at the University of Essex*

You can improve your self-esteem and your mood with just five minutes of exposure to nature...This allows you to recover from mental fatigue.

Walk with purpose:

1 Walk for PERSPECTIVE.

Appreciate the beauty of nature.

2 Walk for CONNECTION.

Invite a friend or family member to join you over the phone or socially distanced.

3 Walk for LEARNING.

Listen to a podcast, audio book or webinar.

4 Walk for GRATITUDE.

Focus on the fact you can walk, take a hot shower when you're done or anything that inspires appreciation.

5 Walk for PRODUCTIVITY.

Schedule a call or dictate notes.

LEGENDARY MINDS USED WALKING TO GENERATE IDEAS



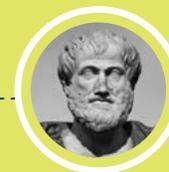
Charles Darwin, proposed the theory of biological evolution by natural selection



Friedrich Nietzsche, influenced Western philosophy and intellectual history



William Wordsworth, helped to launch the Romantic Age in English literature



Aristotle, founded the Lyceum, the Peripatetic school of philosophy, and the Aristotelian tradition