

Walk Everyday in...



May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Walking is an efficient way to get physical activity, decrease stress and burn calories! Unlike running, walking doesn't have the cortisol response that leads to holding fat in the abdominal region.

Use this calendar to keep track of Track your minutes or kilometers throughout the month of May.

Tips

- MapMyWalk.com is a free website (and App) that you can use to track your routes!
- Share on my Facebook page your routes if you are using the website or screenshot your routes if you are using the App
- If you have a pedometer- track how many steps in a day you are doing
- Going to the grocery store or mall? Park further away than you normally would!
- Can you walk to Bootcamp, work or the store? Do it!
- Escalator or Elevator eh? I think you can take the stairs

