



TAKE TEN THIS MONTH WITH THE #STEPOUTCHALLENGE!

Can you **Step Out** for ten minutes every lunchtime?

Stepping out of your front door even for a short walk can really boost your physical and mental health – so that's why we're challenging you to Step Out for 10 minutes every lunchtime this month. To keep it fresh, we've also got a different suggestion each day for things you can do while you're walking to give your wellbeing an extra boost! **Join in with us every day on Twitter #StepOutChallenge.**

1
START TODAY
Step Out at lunchtime for 10 minutes!

2
CONNECT
Phone a friend while you Step Out this lunchtime!

3
BE ACTIVE
Tracking your steps? Try to beat your score from yesterday when you Step Out today!

4
TAKE NOTICE
When you Step Out today, take note of your posture - can you pull your stomach muscles in and your shoulders back as you walk?

5
LEARN
Listen to a podcast and learn something new when you Step Out today.

6
GIVE
Can you pick something up from the shop or pharmacy for someone who needs it when you Step Out today?

7
CONNECT
Ask a friend to Step Out with you this lunchtime! (Make sure to stick to the latest COVID-19 guidance, and stay socially distanced).

8
BE ACTIVE
Try to include walking up a hill when you Step Out today.

9
TAKE NOTICE
Take a photo of something you like on your walk when you Step Out today and share it on Twitter #StepOutChallenge.

10
LEARN
Take a photo of a tree when you Step Out today and research what type it is when you get back.

11
GIVE
Can you pick up some litter when you Step Out today?

12
CONNECT
Ask a colleague to Step Out with you this lunchtime! (Make sure to stick to the latest COVID-19 guidance, and stay socially distanced).

13
BE ACTIVE
What is your best step total? See if you can beat it when you Step Out today!

14
TAKE NOTICE
Take notice of how good it feels to be outside when you Step Out today.

15
LEARN
Learn how to count to ten in a new language and practice when you Step Out today.

16
GIVE
Could you offer to walk a neighbour's dog when you Step Out today?

17
CONNECT
Ask a neighbour to Step Out with you this lunchtime! (Make sure to stick to the latest COVID-19 guidance, and stay socially distanced).

18
BE ACTIVE
See if you can walk a little faster when you Step Out today.

19
TAKE NOTICE
Listen to your favourite song when you Step Out today - how does it make you feel?

20
LEARN
Take a photo of an interesting building when you Step Out today and search when it was built when you get home.

21
GIVE
Help clear leaves from a pavement when you Step Out today.

22
CONNECT
Smile and say hello to everyone you pass when you Step Out this lunchtime.

23
BE ACTIVE
Try taking longer steps when you Step Out today.

24
TAKE NOTICE
Listen out for the sounds around you when you Step Out today.

25
LEARN
If you spot a dog when you Step Out today, try and find out what breed it is.

26
GIVE
Give a compliment to a colleague or friend by text message when you Step Out today.

27
CONNECT
Make a plan to text, email or video chat with a friend when you get back from your walk today.

28
BE ACTIVE
One last time, let's try and get the most steps in that you can when you Step Out today!

29
TAKE NOTICE
See if you can turn down a new street when you Step Out today.

30
LEARN
Pay attention to the muscles that you use when you Step Out today, then learn what they're called when you get home.

31
GIVE
If you see someone, ask how they are when you Step Out today.

REMEMBER

- Make sure you are up to date with the latest COVID-19 guidance for Calderdale: www.calderdale.gov.uk/coronavirus
- You must keep a 2m distance from anyone who is not from your household or bubble at all times.

