



## 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.

Day	Challenge
1	Start today and 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.