



TAKE TEN THIS MONTH WITH THE #STEPOUTCHALLENGE!



Can you step out for ten minutes every day this month?

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 day 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! **Share your progress every day on social media using #StepOutChallenge.**

1 START TODAY Step Out at today for 10 minutes!	2 FREE CHOICE You decide how you spend your 10 minutes today.	3 GIVE Can you walk to pick something up from the shop for someone who needs it when you Step Out today?	4 FREE CHOICE You decide how you spend your 10 minutes today.	5 BE ACTIVE Tracking your steps? Try to beat your score from yesterday when you Step Out today.	6 FREE CHOICE You decide how you spend your 10 minutes today.	7 TAKE NOTICE Take a photo of something green on your walk today. Share your picture on social media using #StepOutChallenge
8 FREE CHOICE You decide how you spend your 10 minutes today.	9 LEARN Listen to a podcast & learn something new when you Step Out today.	10 FREE CHOICE You decide how you spend your 10 minutes today.	11 CONNECT Invite someone to join you while you Step Out today!	12 FREE CHOICE You decide how you spend your 10 minutes today.	13 CONNECT Ask a friend to Step Out with you today.	14 FREE CHOICE You decide how you spend your 10 minutes today.
15 BE ACTIVE Try to include walking up a hill when you Step Out today.	16 FREE CHOICE You decide how you spend your 10 minutes today.	17 TAKE NOTICE Listen to your favourite song when you Step Out today - how does it make you feel?	18 FREE CHOICE You decide how you spend your 10 minutes today.	19 CONNECT Encourage a colleague to Step Out with you today.	20 FREE CHOICE You decide how you spend your 10 minutes today.	21 BE ACTIVE What is your best step total so far? Can you beat it when you Step On today?
22 FREE CHOICE You decide how you spend your 10 minutes today.	23 TAKE NOTICE When you Step Out today, switch off your phone and take extra notice of the sights and sounds around you.	24 FREE CHOICE You decide how you spend your 10 minutes today.	25 LEARN Research a piece of history from your local area as you Step Out on your walk today.	26 FREE CHOICE You decide how you spend your 10 minutes today.	27 CONNECT Call a friend as you Step Out today, or knock on for a neighbour to join you on your stroll.	28 FREE CHOICE You decide how you spend your 10 minutes today.
29 TAKE NOTICE Explore a new route when you Step Out today.	30 FREE CHOICE You decide how you spend your 10 minutes today.	31 CONGRATULATIONS You’ve completed the #StepOutChallenge! Continue to ‘Take Ten’ each day to keep feeling the positive benefits you’ve felt this month.	REMEMBER <ul style="list-style-type: none"> This challenge is to be used as a guide, so always aim for a time and pace that’s comfortable for you. The #StepOutChallenge can be completed any time of the year. Celebrate and share how you get on throughout the month with others and on social media using #StepOutChallenge. Once you’ve completed the month, nominate another individual or team to complete the challenge next month! 			

