



TAKE TEN THIS MONTH WITH THE #STEPOUTCHALLENGE!

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

TAKE 10

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

 - This challenge is to be used as a guide, so always go at a pace that’s comfortable for you.
 - The #StepOutChallenge can be completed any time of the year.
 - Share how you get on throughout the month on social media using #StepOutChallenge.



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