

# WALK YOUR WAY CHALLENGE

## WEEK 6 – Half Way There! Keep that momentum going!

Week 6 is a week of celebration! You have worked really hard and are walking more each week. How are you feeling? Are you starting to feel different each time you walk? Take a few minutes to congratulate yourself on a job well done!

### Keep Yourself Going!

Remember you are working toward a great goal: to get yourself walking on a regular basis. It is OK even if you have not been able to stay with the plan every single week. The point is that you have not given up, and you are doing great! You are six weeks into a 12-week challenge. Now would be a great time to assess how far you have come.

### Why is it Important to Celebrate?

It is sometimes hard to remember how far we have come. If you have been walking most days for the past six weeks, you may have forgotten how hard it was to first get started. Sometimes, it is helpful to remember how far you have come and celebrate your success.

It is especially helpful to remember your successes when you have a day when you are telling yourself, “I just cannot do this anymore.” Thinking about how far you have come can change that thought into, “I can do this!”

Your success does not have to be the same every day. It could be a celebration that you were able to walk up the steps without losing your breath or that you were able to fit into a shirt that you were aiming to fit into.

**Whatever your success,  
now is time to celebrate!**



**“Success is the sum of small efforts,  
repeated day in and day out.” – R. Collier**

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## **What's the Point of Hard Work If You Don't Celebrate Success Once Your Goal is Accomplished?**

Do you remember the goals you set for yourself when you started? Did you create rewards too?

**If you have not already — make sure you are rewarding yourself as you go along.**

Whether your goal is simple, like making sure that you walk at least 5 days a week, or larger, like walking a mile, make sure you set a reward for yourself. Be sure to follow through when you reach your goal.

Here are some rewards you might want to think about:

- A new pair of walking shoes
- A new piece of clothing
- Some time for relaxation or alone time
- A night out with friends
- Downloading a new song or game

But don't forget that you also get great health rewards for sticking with your walking:

- Lowers blood pressure
- Lowers cholesterol levels
- Helps regulate blood sugar
- Helps you to get better sleep
- Helps weight management

**Even if you are not getting as far as you wanted, there are many benefits you are getting from just trying! Keep it up!**

**Don't forget: Eat healthy! Drink lots of water! Have fun!**

Sources:

American Heart Association (2014). Celebrating your fitness success

National Institute on Aging (2011). Exercise and Physical Activity

CDC (2011). Overcoming Barriers to Physical Activity.