

Monday Mile **WALKING GROUP**

- 1. Promotes community-building. The Monday Mile can help bring people together; providing an opportunity for socializing and physical activity.**
- 2. Offers a low-impact activity for all fitness levels and ages. Walking is one of the easiest entry points to starting a physically active lifestyle.**
- 3. Gets every week off to a fresh start. A Monday Mile can help everyone to start the week off right and set the tone for the rest of the week.**
- 4. Offers the healthy benefits of physical activity. Walking regularly has been shown to improve cardiovascular health, reduce stress, and sharpen focus.**
- 5. Requires minimal time commitment. Walking a mile takes on average about 20 minutes, so the Monday Mile is a great activity for busy schedules!**