

Walk It Off



FOCUS ON BEING IN THE MOMENT. EITHER IT'S WALKING OFF A BAD DAY TO CLEAR THE MIND OR JUST TAKING ADVANTAGE OF THE GREAT WEATHER. TAKE TIME DURING THE WALK TO CHECK IN WITH YOUR BODY, YOUR MIND, AND BREATHE.

WALK YOURSELF INTO A STATE OF WELL-BEING.

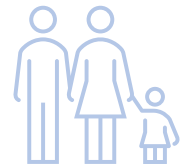


APRIL 1ST: NATIONAL WALK TO WORK DAY

- Listen to your favorite podcast
 - Discover new music

APRIL 6TH: NATIONAL WALKING DAY

- Evening walk with the family
- Walk your dog, twice



APRIL 16TH: NATIONAL STRESS AWARENESS DAY

- Go for a morning walk before work
- Take a mental break for 5-10 minutes

APRIL 22ND: EARTH DAY

- Clean up the neighborhood
- Go walk/hike a trail



BLOG: Wellness Articles, How-To Videos, Tracking, and much more at [HealthCheck360 Blog](#)

WEBINARS: Informative Sessions led by HealthCheck360's Health Coaches on the first Wednesday of every month. Don't miss out on this opportunity to improve your well-being.