



## HAVRE DE GRACE GREEN TEAM

# JANUARY 2021 WALKING CHALLENGE

**The challenge:** Walk at least once every day this month – Keep it fresh by crossing off as many items as you can from this list of 35 ideas.

The variety of challenges helps keep you motivated throughout January and can give you a boost when your walking routine feels stale. Do a new one every day or repeat your favorite's as often as you'd like. Give yourself 1 point each time you complete an activity (multiple points for completing the same activity multiple times):

1. Hike one or more trails from the [MD State Parks First Day Hike 2021](#)
2. Invite friends to join this challenge and offer a prize to the one who earns the most points.
3. Walk a mile as quickly as possible, then work to beat your time.
4. Walk a mile, note your average heart rate, then aim to lower that number as time passes.
5. Try a walking meditation  
([https://ggia.berkeley.edu/practice/walking\\_meditation.](https://ggia.berkeley.edu/practice/walking_meditation))
6. Practice interval walking, starting with 30-second intervals and working up to 2-minute intervals.
7. Walk 10,000 steps in a day; try to keep the streak going for at least 7 days.
8. Walk a total of 50 miles this month
9. Walk after dark to fully experience the holiday decorations in your neighborhood.
10. Take your kids on a walk and play "I Spy"
11. Find a route with steep hills or stairs, then walk uphill to strengthen your glutes and quads.
12. Add lunges to your walk every time you reach an intersection.

13. Go off-road; walking on grass or through the woods can be more challenging than pavement. (North Park/Joe K Trail and Susquehanna State Park have excellent near by options!)
14. Listen to your favorite workout music to help increase your walking pace
15. Pick a favorite podcast, and then only listen to it when walking.
16. Make your book club an audiobook club and “read” the books while walking.
17. Create a walking crew – walk with a different friend each day, and once a week join a bigger group of four or five others.
18. Make your work teleconferences a walking meeting
19. Walk with a friend in the neighborhood (while wearing a mask and social distancing, of course).
20. Invite a faraway friend on a virtual walking date.
21. Walk with your partner to catch up and set goals for the next month.
22. Take your dog for an extra-long walk around the neighborhood.
23. Volunteer to walk a dog from the local animal shelter.
24. Walk your neighborhood and pick up any trash you see (or join the CAT Club)
25. Take a short walk if you have 5–10 minutes to kill as an alternative to scrolling social media on your phone.
26. Try a walking video for days when you can’t walk outside (<https://blog.myfitnesspal.com/9-walking-videos-to-amp-up-your-calorie-burn/>).
27. Create a walking route through your house to follow on rainy days
28. Walk backward through different rooms in your house.
29. Take a sunrise or sunset walk
30. Choose one meal a day and walk for 15 minutes after it.
31. Incorporate a stop at [Veterans Park](#) and use the walking track and one or more of their seven outdoor fitness stations
32. Draw a one-mile radius around your home, strap on a backpack, and walk any errands that fit your circle. (Bonus carbon footprint reduction!)
33. Take a late-night walk to see the stars
34. Add 5 minutes to your walk to increase your total daily walking time
35. Get out your camera and take pictures during your walk.

## WALKING CHALLENGE RESULTS

- *Up to 10: You’re a Starting Walker. Good job!*
- *11-20: You’re a Steady Walker! Terrific! You walked a lot!*
- *21-30+: You’re a Super Walker!! Amazing! Nothing stops you!*

***See if you can beat your January score in February!***

**#GOGreenHdG #HdGreenWalkingChallenge**

*Please follow all MD and CDC COVID-19 Safety Guidelines Participation is at your own risk*