

CARDINAL WALK CHALLENGES



Emotional health

- Contact two people this week and express your gratitude for them.
- Find a new outdoor place to visit this week (regional park, community park, a local lake/trail, etc.).
- Laugh more! Watch a video that makes you laugh two days this week.
- Perform a random act of kindness (pay for someone's coffee, pick up trash while you're out, make a donation, etc.).
- Make time to focus on self-care this week (put on a nice outfit, write in your journal, get a haircut, take a nap, etc.).
- Have a social-media-free day.
- Take a walk with a friend either by phone or in person.
- Practice positive affirmations three days this week (say out loud "I am worthy," "I am in control of my emotions and today I choose happiness," "I am enough," "I will not compare myself to strangers on the internet," "I can do whatever I put my mind to."). See more examples: [daily affirmations](#) and [positive affirmations](#).
- Practice [Three Good Things](#) for seven days.
- Make a concerted effort to spend more time outdoors this week.
- Make it a point to recognize when you are feeling stressed and manage it in a healthy way (go for a walk, exercise, take a break, leave the room, call a friend, practice mindful breathing, meditate, color or craft, pull weeds, etc.)
- Create your own emotional health challenge and let us know about it on the event portal.



Nutritional health

- Eat an additional fruit or vegetable this week.
- Spend more time looking at ingredient labels this week. How many ingredients are recognizable as food? The more things you recognize as food, the better.
- Prepare a [bean dish](#) this week. In addition to being a beneficial source of plant-based proteins, fiber, low-glycemic carbohydrates, vitamins, minerals and antioxidants, beans are inexpensive and an eco-friendly option.
- Prepare a [seafood/fish dish](#) this week. Fish and seafood have omega-3 content for heart, brain and joint health.
- Be present with your food and body while eating. Minimize distractions (the phone, TV, computer, etc.) during meals. [Watch this video](#) to see how you can apply mindful eating to the start of your meal.
- Try a new vegetable or fruit this week or one that you haven't eaten in a while.
- Visit a farmer's market.
- Enjoy the company of others during a meal, either virtually or in person, if safe to do so.
- Plant an edible plant.
- Be mindful of your schedule. Write out snack and meal options for the week so that you can be intentional with what you eat.
- Create your own nutritional health challenge and let us know about it on the event portal.



Physical activity

- Try a new physical activity this week to add some variety to your routine (dancing, walking, biking, swimming, jumping rope, or more formal exercise like yoga, resistance training or bodyweight training). Pick an activity from this list or create your own, and aim to do this activity three days this week.
- Do something active with your family, pet or friend (walk, jog, play catch, play a sport, dance together, swim, etc.).
- Aim for at least one 10-minute walk after a meal each day of the week, and work up to two or three daily, post-meal 10-minute walks by the end of the week.
- Add stretching breaks throughout your day, aiming to stretch for at least a few minutes after extended time spent in one position. Aim to accumulate five to ten minutes of stretching per day by the end of the week. Stretching should never be painful, so stretch to your comfort levels and relax and take deep breaths. [Visit this site](#) for stretching techniques.
- Take a Zoom meeting by phone and get outside for a walk to increase your physical activity.
- Move more. Walk or jog on a treadmill, ride a stationary bike, lift weights, do squats, core exercises or push-ups while you watch your favorite shows.
- Take the stairs instead of the elevator whenever you can.
- Park farther away when running errands or going to work.
- Yard work can be great exercise. Spend time gardening, mowing your lawn, trimming bushes or pulling weeds.
- Create your own physical activity challenge and let us know about it on the event portal.