This program is easy. Create a walking trail or track. Post these 4 posters on 4 corners of the walking trail. Talk about each poster’s topic and/or question with a friend or family member. Or, think though the topic/question as you walk on your own. When you get to another corner and another sign, talk about a new topic/question. Walk the Talk!

CORNER NUMBER 1

**TOPIC:** TRUST

**QUESTION:**

Optimism is trust in the future. What are you optimistic about?
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CORNER NUMBER 2

**TOPIC:** WELLNESS

**QUESTION:**

Walking is a simple way to improve your overall wellness.

What do you like about wellness walking?
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**CORNER NUMBER 3**

**TOPIC:** NUTRITION

**QUESTION:**

Fruits and vegetables are good for you.

Would you ever consider asking your family to make *Meatless Mondays* a nutrition routine in your home?

Why or why not?

If you did, what would you enjoy eating on *Meatless Monday*?
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**CORNER NUMBER 4**

**TOPIC:** EFFORT

**QUESTION:**

What is 1 thing that you gave your best effort to this week?