


**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 through 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

 <p><b>Walk the Talk</b> <b>4</b> corner wellness chats <b>OPEN</b></p>	<p><b>TOPIC: ENTHUSIASM</b></p> <p><b>QUESTION:</b></p> <p>What are you enthusiastic about?</p> <p>Wait — what does enthusiastic even mean?</p>
--	---

WEEK NUMBER 2

**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 through 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 2

 <p><b>Walk the Talk</b> <b>4</b> corner wellness chats <b>OPEN</b></p>	<p><b>TOPIC: WELLNESS</b></p> <p><b>QUESTION:</b></p> <p>The human body is designed to walk more than 15 miles per day.</p> <p>How can you add more walking into your life?</p>
--	---

WEEK NUMBER 2

**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 through 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!**

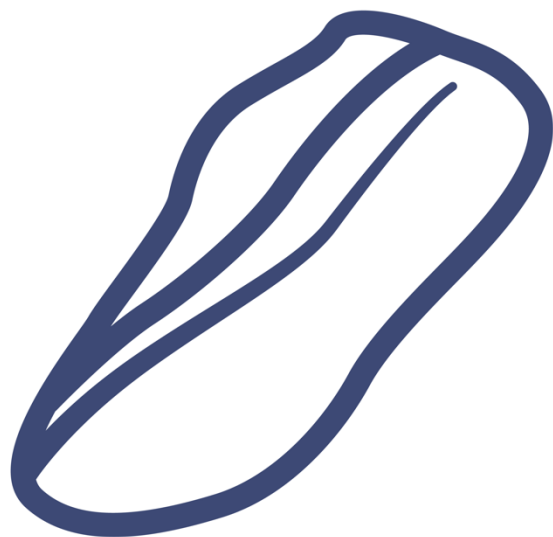
CORNER NUMBER 3

 <p><b>Walk the Talk</b> <b>4</b> corner wellness chats <b>OPEN</b></p>	<p><b>TOPIC: NUTRITION</b></p> <p><b>QUESTION:</b></p> <p>Water is the best drink to keep you hydrated.</p> <p>What beverages do you drink every day that could be replaced with water?</p>
--	---

WEEK NUMBER 2

**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 through 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 4



**Walk the Talk**  
**4** corner wellness chats  
**OPEN**

**TOPIC: BREATHING**

**QUESTION:**

Two minutes of focused breathing can let your body relax and help mind perform better.

In this final section of your walk, don't talk. Instead, focus on the rhythm of your breathing and let it match the rhythm of your walking.

WEEK NUMBER 2