


**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: ENCOURAGEMENT</b></p> <p><b>QUESTION:</b></p> <p>Can you remember the last encouraging words that you said to someone?</p> <p>What did you say and how did your words make that person feel?</p>
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WEEK NUMBER 3

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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>Support systems can help us stay on track with wellness goals.</p> <p>How do you support the wellness goals of the people you care about?</p>
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CORNER NUMBER 3



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

**TOPIC: NUTRITION**

**QUESTION:**

It's easy to eat whatever tastes good and is in front of you.

It can take encouragement to find the foods that taste good and are really good for you too.

What nutritious foods do you like to eat?

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CORNER NUMBER 4



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

**TOPIC: SMILES**

**QUESTION:**

What was the last thing that really made you smile?

What was so awesome about it that it made you happy?

WEEK NUMBER 3