

# Take Steps Toward Better Health

**A package to start and  
maintain a Monday mile**



Walking is one of the simplest physical activities a person can do to **improve their health**. This 12-week package is designed to support the health-related goals of your organization, community, or workplace by encouraging the adoption of regular participation in a Monday Mile to start off each week.

By using this series, your audience will become accustomed to incorporating a Monday Mile practice into their weekly routines. Our research shows that people who start a healthy activity on Monday describe a higher likelihood of continuing that activity for the rest of the week. <sup>1</sup>

## Why this Behavior is Important

Walking is an accessible and effective exercise that can help people of all ages and fitness levels ease their way into physical activity. [Research](#) shows that even low-impact movements, such as walking, can help prevent future injury, support a healthy weight, regulate blood sugar, and reduce the risk of developing type 2 diabetes and certain cancers. A Monday Mile can help individuals [achieve weekly physical activity recommendations](#) for a healthy life.

## What is Included in this Package

The following package includes 12 visual assets with links to supplementary articles and actionable practices designed to encourage the implementation of a Monday Mile program. Each informational article outlines the specific details and benefits of the practice and outlines how it can be applied in different settings.

## How to Use the Contents of this Package

Use this package to promote a Monday Mile program in your organization, community, or workplace. It was designed to be used in conjunction with our Monday Mile toolkit. The assets are designed to be shared through a variety of different digital and print communication channels. The graphics and URL can be cut-and-paste into digital messaging such as email, company website, or social media feeds, or printed out for signage and bulletin boards; just remember to include the URL for users to access additional information. We recommend using Monday as the day to send out these weekly cues because research shows individuals are more likely to adopt healthy habits towards the beginning of the week.

<sup>1</sup> Data Decisions Group, 2019. 1,000 online survey respondents.

## Week 1



## Week 2

**Walking unlocks a treasure trove of benefits.**  
A daily stroll can lower blood pressure, burn calories, regulate blood sugar, and ease joint pain.

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

## Week 3

**GATHER YOUR FRIENDS AND STEP RIGHT UP. ORGANIZE A 'MONDAY MILE' WALKING GROUP.**  
Plan a terrific get-together with friends, family, or colleagues. Hold a Monday Mile. It's easy. Just choose a time and place to meet, like a park entrance. Then stroll your route for a mile or so. Enjoy the conversation, the scenery, and feel healthier by a mile!

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

## Week 4

**ORGANIZE A MONDAY MILE WITH YOUR PEERS**  
Make the decision to be healthy together!

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

## Week 5

**SMALL STEPS LEAD TO GIANT LEAPS!**  
Remember, even the smallest steps count — and get you closer to your goal.

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

## Week 6



## Week 7

**WRITE YOUR OWN SUCCESS STORY**  
Keep a fitness journal to document your progress.

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

## Week 8

**PLAY CATCH UP!**  
Talk while you walk—for your health.

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

## Week 9

**GOT TWELVE MINUTES? JOG A #MONDAY MILE!**  
Grab your sneakers for one of the simplest exercises you can do.

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

## Week 10

**Fitting in a walk is as easy as finding a bad parking spot.**  
Make any errand an opportunity to get in extra steps.

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

## Week 11

**IT'S ALWAYS WALKING WEATHER SOMEWHERE**  
And if it's not outside, take it inside this Monday.

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

## Week 12

**THIS MONDAY, GET FIT WHILE GIVING BACK.**  
Doing good makes you feel good.

#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**