

# 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.

An illustration of a treasure chest with a red ribbon tied around it, surrounded by several gold coins. The chest is open, revealing a dark interior with a small light source.

#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!

A 3D illustration of a city block with a red dashed line tracing a walking route around the perimeter of the block. The route starts and ends at a point labeled "START" and "END" respectively.

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## Week 4

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

An illustration of a diverse group of people walking together. One person is in a wheelchair, and another is carrying a baby. They are all dressed in casual walking attire.

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## Week 5

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

An illustration of a dachshund dog wearing a green athletic vest with the number "1" on it. The dog is standing on a white surface.

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## Week 6



## Week 7

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

An illustration of a "STEP LOG" notebook with a pen and a blue pedometer. The step log has columns for "DATE", "STEPS", and "MILES".

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## Week 8

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

An illustration of two women walking and talking. One woman is wearing a yellow shirt and red pants, and the other is wearing a green shirt and black pants.

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## Week 9

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

An illustration of a yellow stopwatch with a white running figure on its face. The stopwatch is shown from a top-down perspective.

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## 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.

An illustration of a parking lot with several cars parked in spaces. One car is highlighted in red, indicating a "bad parking spot".

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## Week 11

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

An illustration of a person walking on a treadmill. The person is wearing a yellow shirt and red pants.

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## Week 12

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

An illustration of two women walking and giving back. One woman is wearing a white shirt with a red heart and the text "2023", and the other is wearing a blue shirt with a red heart and the text "WIT".

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