



## An inspiring Walking Workshop: “Learning to Take the Lead”

4:30pm Arrival and Registration

### 5:00pm **Session 1: Why Walk?**

- Welcome
- Benefits of Walking
- Incorporating walking into one's life
- Ways to walk
- Where to walk
- Recognizing the positive impact of walking

5.50pm Break – light working dinner

### 6.00pm **Session 2: Making a start with others**

- Personal motivation
- Setting goals
- Discovering a starting point
- Deciding on a program that fits
- What's in a program
- Make it fun

6.50pm Break – dessert

### 7.00pm **Session 3: Facilitating Habit Shifting**

- Understanding change
- Stages of change
- Staying on track
- Being kind to yourself

7:50pm Break – drink/coffee/tea

### 8:00pm **Session 4: Fueling the Body**

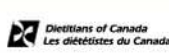
- The Right Food
- The Right Amount
- Fluid Replacements
- Tips for Healthy Eating and Drinking

### 8:30pm **Session 5: Putting it all Together**

- Choosing a program
- Gather your group
- Strategies to Stay Motivated
- Resources in your community
- Incentives to stay active
- Question, concerns – Final thoughts – Congratulations!



AN INITIATIVE OF THESE BC HEALTHY LIVING ALLIANCE MEMBERS



IN PARTNERSHIP WITH

