

7 Days to a Walking Habit

A Mini E-book by One Step Wiser

Day 1: Why Walking Works

Walking is one of the simplest and most effective ways to improve your physical and mental health. It boosts mood, supports heart health, and helps clear your mind. Today, just notice how your body feels when you walk.

Notes:

Day 2: Start Small

You don't need to walk for miles. Start with just 5 minutes. The goal is to build consistency, not distance. Put on your shoes and take a short stroll around the block.

Notes:

Day 3: Set a Time

Choose a time of day that works best for you - morning, lunch break, or evening. Scheduling your walk helps make it a habit.

Notes:

Day 4: Make It Enjoyable

Pair your walk with something you love: a podcast, music, or a phone call with a friend. When walking becomes enjoyable, it's easier to stick with.

Notes:

Day 5: Track Your Progress

Write down how far you walked or how you felt afterward. Tracking helps you see your growth and stay motivated.

Notes:

Day 6: Overcome Mental Blocks

Some days you won't feel like walking - and that's okay. Remind yourself why you started. Even a short walk counts.

Notes:

Day 7: Celebrate Small Wins

You've made it a week! Celebrate your progress. Reflect on how walking has impacted your mood, energy, or mindset.

Notes:

Keep Going!

You've taken the first steps toward a healthier, more mindful life. Walking is a powerful habit that grows stronger with time. Remember, every step counts. Keep moving forward - one step wiser every day.