


ACM JIF
WELLNESS

10 MINUTE WALK A DAY

RULES:

- For two weeks (14 days), walk for just 10 minutes a day!
- Use the checklist to mark off your walks.
- Tip: Go for a walk before work, after work, or during your lunch break
- Why walk? Getting outside and connecting with nature helps enhance your mental health, lower stress levels, boost productivity, enhance creativity, and more.

A close-up photograph of the sole of a blue and white athletic shoe, showing the tread pattern and the midsole structure. The shoe is positioned on the right side of the page, partially overlapping the blue background.

Contact Jordan Simone, ACM
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questions
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