

Faithful Families Virtual Walking Challenge 2021

Social Media Posts

1) Posts to promote the challenge:

How to use the social media posts: Use these posts to promote the challenge to your team and on your social media pages. Use the hashtag **#WalkWithFF2021** to share your journey with others taking part in the challenge. Don't forget to tag Faithful Families!

Facebook: [@FaithfulFamiliesThrivingCommunities](#)

Twitter: [@FFThriving](#)

Promotional posts:

- Lower your stress, reconnect with each other, increase your cardiovascular and pulmonary fitness, reduce your risk of heart disease and stroke... The benefits are endless! The Faithful Families Walking Challenge 2021 starts in just less than a month! Lace up those walking shoes and sign up below! #walkwithff2021
<https://faithfulfamilies.com/virtual-walking-challenge-2021/#Overview>
- We can't wait to walk together in July and we hope you will join us! Don't forget to sign-up now to be sure you receive the weekly newsletters and are eligible for this year's exciting prizes! All are welcome to participate so feel free to share with family, friends, and neighbors! #walkwithff2021
<https://faithfulfamilies.com/virtual-walking-challenge-2021/#Overview>
- Looking for new ways to reach your daily steps goal? Try parking your car farther away and walking to where you are going. Find more tips on how to include walking in your daily routine below! <https://bit.ly/2w7WuNV> #ActivePeople #walkwithff2021
- Over 65? Improving strength and balance is important to help reduce falls among older adults. Learn what you can do to help ensure the older adults in your life have a steady and healthy future. <https://bit.ly/2UcLCss> #walkwithff2021
- Walking is a great way to incorporate aerobic activity into your physical activity routine. Learn how many calories you might burn in a 30-minute walk. <https://bit.ly/3u3ycx5> #ActivePeople #walkwithff2021
- Looking for a walking program and don't know where to start? Check out the beginning walking schedule from #AmericanHeartAssociation.
https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_449261.pdf #walkwithff2021 #movemore #activepeople
- Just take one step at a time towards healthier and happier you!
<https://i.pinimg.com/564x/bd/a6/5b/bda65be5f09c140689f4e5594b242396.jpg> #walkwithff2021
- As you lace up your walking shoes, don't forget to check out our private Facebook group for the 2021 Faithful Families Walking Challenge! Just search "Faithful Families Walking Challenge 2021" and request to join. We can do this together, one step at a time! #WalkwithFF2021 #activepeople
- Did you know that you don't need to avoid exercise if you have experienced

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exercise-induced asthma? You just need to find the right exercise in the right conditions. The American College of Allergy, Asthma and Immunology says walking, along with swimming, golfing and leisure biking, is less likely to irritate your airways. Find out more below! #walkwithff2021 #healthmatters

<https://www.thehealthy.com/exercise/walking/walking-benefits-15-minutes/>

- Sneaking in a few minutes a day can transform your health, body, and mind. Why are you still sitting? #walkwithff2021 #healthyliving #healthmatters

https://pbs.twimg.com/media/DyKE_WPW0AAiNEu?format=jpg&name=medium

- Walking might just be the closest thing we have to a wonder drug! Walking can have a bigger impact on disease risk and various health conditions than just about any other remedy that's readily available. What's more, it's free and has practically no negative side effects!

<https://www.helpguide.org/harvard/how-to-start-a-walking-program.htm>

#walkwithff2021 #activepeople #healthmatters #movemore

- Did you know that walking can actually be good for your eyes? When you stare at a screen all day, your range of focus narrows to the few feet in front of you. This fatigues the muscles that help the eye focus, contributing to digital eyestrain. Strolling outdoors, however, requires that you use long-range vision, as well as constant scaling of obstacles or terrain out in front of you and on either side. See below for more ways that walking can be good for your health! #walkwithff2021 #healthyliving

<https://www.self.com/story/benefits-of-walking>

- The American Cancer Society recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week. If that's more than you can do right now, do as much as you can and work your way up. According to the Centers for Disease Control and Prevention, even just 5 minutes of physical activity has real health benefits. The time is now! Take your first steps towards a healthy, happier you! #walkwithff2021 #healthyliving #healthmatters #CDC #Americancancersociety

<https://www.cancer.org/latest-news/walk-your-way-to-health.html>

2) Weekly posts throughout challenge:

How to use the social media posts: The posts below can be sent each Monday - Friday of the Challenge on your social media pages. Use the hashtag **#WalkWithFF2021** to share your journey with others taking part in the challenge. Don't forget to tag Faithful Families!

Facebook: [@FaithfulFamiliesThrivingCommunities](https://www.facebook.com/FaithfulFamiliesThrivingCommunities)

Twitter: [@FFThriving](https://twitter.com/FFThriving)

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Week 1: reconnect with self

- We've all been there. The feeling that the "you" who's typically bright, driven, creative and energized all of a sudden feels dimmer, stressed, exhausted and irritable. It's time to reconnect! Read more below about how to mindfully reconnect with yourself.
#walkwithff2021 #mindfulness #mentalhealth
<https://therapytlv.com/how-to-reconnect-with-yourself-when-you-feel-emotionally-stuck/>
- Today is your day; spend a few minutes taking care of YOU! Check out the link below to see how incorporating walking into your daily routine can benefit YOU!
https://www.youtube.com/watch?v=bWVs_n5O46I #walkwithff2021
- "When is the last time that I've checked in with me?" Research has shown that employees who spend 15 minutes at the end of each day reflecting about the lessons they learned performed 23 percent better—after only ten days of this practice. Taking a brief 15 minute walk at the end of the day is a great step towards a more rejuvenated you! #walkwithff2021
<https://www.careercontessa.com/advice/reconnect-with-yourself/>
- Connecting with nature mindfully provides us with the perfect opportunity to find out more about ourselves. The quietness of both the space and within, allows you to drop the roles and facades we play in life and just be. Read below for 5 simple tips to connect to self in nature! #walkwithff2021
<https://moiraburmeister.co.za/2017/03/06/mindful-walk-in-nature-5-tips-to-connect-to-self/>
- You already know that exercise is good for your body. But did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more? Instead of thinking of exercise as a chore on your "to do" list, think of it more as a few minutes set aside just for YOU! #walkwithff2021 #activepeople #movemore
<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

Week 2: reconnect with nature

- Did you know that sounds found in nature can help lower blood pressure, improve cognitive performance and even reduce pain? Enjoy a walk in the great outdoors today! #walkwithff2021 #healthliving #activepeople
<https://www.smithsonianmag.com/science-nature/why-listening-sounds-nature-can-be-restorative-180977397/>
- Emerging research suggests that there are ways you can prevent or delay brain diseases like alzheimers and dementia. Did you know that being in nature with less noise and pollution helps prevent cognitive decline? Take a break from your normal routine and explore a nearby nature trail! #walkwithff2021 #ReconnectWithNature
<https://vimeo.com/544748225>
- <https://www.facebook.com/sharer/sharer.php?u=https%3A%2F%2Fimages.app.goo.gl%2Fb53Xy8KWqwVyW64XA> (<https://images.app.goo.gl/b53Xy8KWqwVyW64XA>) #walkwithff2021 there and rebuild that connection with the great outdoors. Here are some simple tips on how to get closer to Mother Nature that anyone can do. All that's

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- required is a little bit of time and perhaps an open mind. #walkwithff2021
- Rather than spending too much time indoors, worse still staring at a TV, computer or smartphone screen, the best thing we can do for ourselves is to get out there and rebuild that connection with the great outdoors. Here are some simple tips on how to get closer to Mother Nature that anyone can do. All that's required is a little bit of time and perhaps an open mind! #walkwithff2021 #ReconnectWithNature
<https://www.skillsyouneed.com/rhubarb/reconnect-nature.html>
 - Scientific studies are increasingly showing that human physical and psychological wellbeing is highly dependent on nature. A nature connection walk is not a strenuous hike, or informative naturalist walk. Rather, it is an opportunity to slow down and allow nature to enter your body through all your senses. See below to learn more about moving mindfully in nature! #walkwithff2021
<https://barefootwellbeing.com/nature-connection-walks>

Week 3: reconnect with community

- Are you connected to your community? How does it feel? Who is a part of it? What are its characteristics? Begin learning the answers by walking through your community. Take time to reflect on what you notice. Find a sunny day and enjoy a reason to get out of the office! Use the fun reflection guide below as you explore your community! #walkwithff2021 #connectedness
<https://mnprc.org/wp-content/uploads/2018/10/Community-Walk-Activity.pdf>
- How can we connect with one another if we are not free to walk and move safely, with enjoyment and gratitude, in public spaces? Here are our top five reasons that show why walking is essential for civility, connectedness, and community change. #walkwithff2021 #connectedness
<https://americawalks.org/walking-for-civility-5-reasons-why-walking-is-essential-for-civility-connectedness-and-community-change/>
- On your walk today, check out this awesome podcast from Strong Towns where Dustin Ratcliff, founding member of Walk2Connect, shares how you can connect with your community on foot, including how to motivate your neighbors to form a walking group, how to use your walking group to influence how your city or town is developed, and how connecting with your community on foot make your city or town stronger. #walkwithff2021 #activepeople #connectedness #faithcommunity
<https://www.strongtowns.org/journal/2019/2/13/its-the-little-things-18>
- You don't have to have a multitude of friends or be a gregarious, back-slapping kind of person to lead a connected life. Nor do you have to give up voicemail, e-mail, or any other electronic conveniences. What you do need to do is develop close relationships—at home, in the community, and on the job. Here's a few ways of how you can reconnect in a disconnected world. #connectedness #faithcommunity #walkwithff2021
start: <https://www.prevention.com/life/a20431736/how-to-reconnect-with-friends-family-and-your-community/>
- Are you struggling to stay motivated with your walking goals? Try inviting a friend or family member to walk with you. Different personalities and conversation topics will keep you engaged. And you'll see things differently if you walk your usual route in the opposite direction. See more tips below on how to keep your

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walking regime on track! #walkwithff2021

<https://www.health.harvard.edu/staying-healthy/6-tips-to-help-you-keep-a-walking-regimen-on-track>

- Walking is an excellent form of exercise for people of all ages and abilities! Below are some excellent tips for walking with children, seniors, and people with disabilities. #walkwithff2021 #connectedness
<https://www.betterhealth.vic.gov.au/health/healthyliving/walking-tips#walking-tips-for-children>

Week 4: reconnect with hope

- It's been proven that a regular meditation practice lowers stress, and walking meditation is a powerful tool for self-care. The practice of noticing how you walk, where you walk, the pace at which you walk, and how your foot touches then leaves the ground, is a way to be present to yourself in real time. Find out more about how walking can truly be a form of self-care in these unprecedented times. #selfcare #walkwithff2021 #mentalhealth
<https://chi.streetsblog.org/2020/03/19/dealing-with-the-pandemic-one-step-at-a-time-walking-as-self-care/>
- While restrictions are loosening up, the pandemic isn't over. We still need to be cautious in public spaces. See below on how we can meaningfully reconnect with those around us, while also staying safe. #walkwithff2021 #covid19
<https://health.clevelandclinic.org/covid-19-how-to-stay-safe-during-outdoor-activities/>
- It is important that during this pandemic we are attentive to grief. Many have lost jobs, loved ones, and their sense of hope. The better our understanding of grief and how it is healed, the better equipped we'll be to help a bereaved friend or family member. See below for strategies on how to help a grieving friend or family member. #walkwithff2021 #grief, #covid19
<https://www.helpguide.org/articles/grief/helping-someone-who-is-grieving.htm>
- "When we can become completely gentle with ourselves and genuine in our approach to others, we can find a celebration of joy within -- a feeling that is it wonderful to be in this world." #walkwithff2021 #hope #selfcare #joy
https://www.huffpost.com/entry/celebrate-joy_b_2340252
- "Hope has feet. And we are still walking." The invitation: step out into your surrounding landscape for a nourishing walk, alone, with one other, or more if appropriate. As you walk you will be guided through a spiral of 'The Work that Reconnects', a journey designed to help us experience first hand that we are larger, stronger, more creative - and more deeply interconnected - than we knew. Click on the link below to digitally access some wonderful free discussions on reconnecting. #connectedness #walkwithff2021 <https://reconnect.works/walks-that-reconnect/>