



Earth Love Month

Day 9: Take a hike...or a walk!

Why should you do this? Walking, running, hiking...any kind of movement appropriate for you can improve your overall health, help lower blood pressure, alleviate symptoms of anxiety or depression, and more.

The key to getting the full range of physical and emotional benefits is to make your walk a dedicated activity, a sacred time committed to your restoration.

A Few Tips

- Breathe deeply and focus on your breath to create a meditative state
- Use all your senses on your journey
- Start where you are--it's not a competition
- Declare it a screen-free time. (Music is fine, but avoid checking your messages, posting to social media, etc.)

