

# The EverWalk Mile

## NOVEMBER 2020



**"GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH." - AESOP**  
**PLEASE PLEASE PLEASE VOTE ON NOVEMBER 3**

**JOURNAL A GOAL FOR THIS MONTH:**

### MOTIVATE YOUR MILE

ELECTION DAY IS NOVEMBER 3  
 Walk a mile to VOTE! Voting is a privilege!

November 13 is WORLD KINDNESS DAY!  
 Be kind to yourself: Walk a mile!

November 15 is National Recycling Day: Take the pledge to  
 REDUCE SINGLE-USE PLASTIC at [oceanscommit.com](http://oceanscommit.com)

On November 26, Walk Every Step of Your Thanksgiving  
 Mile with Gratitude for our Blue Jewel of a Planet.

November is National Healthy Skin Month: Wear sunscreen  
 when you walk, be sure to hydrate -- and remember that  
 exercise makes your skin glow with health!

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**Walk With A Purpose: Make the EverWalk Mile a Daily Habit.**

**X X X X X X HOW MANY DAYS DID YOU WALK THE EVERWALK MILE? X X X X X X**

walk

The EverWalk Mile

walk

## YOUR CALL TO ACTION:

**Walk With A Purpose: Make the EverWalk Mile a Daily Habit.**

### WHY WALK? AND WHY EVERYDAY?

**“Sitting is the New Smoking”: Break the habit of sitting by creating a new habit: The EverWalk Mile**

EverWalk believes that the unfortunate American pastime of sitting can be liberated by the simple, infinitely pleasurable act of walking. Walking even a short distance stirs our happy endorphins. prompts us to consider our lives and our dreams, puts our bodies into the motion they need.

**“Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny.” Mahatma Gandhi**

### WHAT DO I DO?

- Make the commitment to walk one consecutive mile every single day. (This will take 15–30 minutes, depending on your speed and stride.)
- Cross off each day that you walk the EverWalk Mile on our downloadable calendar or track it on our virtual Walker Tracker app. (see the last page of this PDF for updates)
- Join the EverWalk Mile Club on the Nation Network to keep yourself accountable and to find encouragement.

### ACCOUNTABILITY

- The EverWalk Mile is for YOU! Don't cheat on yourself. A mile is a mile — inside or out. It's not the total number of steps you walk in a day between the sofa and the fridge. LOL!
- You are making a daily commitment to yourself to walk a mile without stopping, if at all possible.

### ENCOURAGEMENT

- Find an EverWalk Mile buddy on the EverWalk Mile Club on the Nation Network. Or reach out to a friend or family member to walk with you — in person or virtually.

### INCENTIVES

- Everyone who joins the EverWalk Mile Club and commits to making the EverWalk Mile a daily habit will receive coupons/discount codes for healthy products.
- In August & September, we will hold a drawing. Two EverWalk Milers will have the chance to be coached by EverWalk founders Diana Nyad & Bonnie Stoll. All you need to do is join the EverWalk Mile Group and commit to walking a mile a day.
- Become a member of the 110.86 Mile Club: Studies show that it takes approximately 90 days to create new habits. Set a goal: Over the course of four months, walk a mile for 111 days and you will join this exclusive EverWalk group — and receive a 110.86 Mile Club sticker! 110.86 miles is the distance Diana Nyad swam from Cuba to Key West — at 64 years old on her fifth try! Once you've succeeded, you can mentor other aspiring EverWalk Milers.

### CELEBRATE YOURSELF

- Post photos of your EverWalk Mile on our EverWalk Mile Group Page, our Facebook Group Page, or on your own social media pages. Hashtag #EverWalkMile

# *buddy* The EverWalk<sup>™</sup> Mile *buddy*

## YOUR CALL TO ACTION:

***Epic EverWalkers: Our goal is to become the largest walking initiative in the world!  
We believe that the EverWalk Mile can help everybody, everywhere, become an EverWalker.  
Please help us by volunteering to support a new EverWalker as they walk one mile a day.***

## WHAT IS THE EVERWALK MILE PHILOSOPHY?

**“Sitting is the New Smoking”:** Break the habit of sitting by creating a new habit: The EverWalk Mile

EverWalk believes that the unfortunate American pastime of sitting can be liberated by the simple, infinitely pleasurable act of walking. Walking even a short distance stirs our happy endorphins. prompts us to consider our lives and our dreams, puts our bodies into the motion they need.

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## WHAT DOES AN EVERWALK MILE BUDDY DO?

- Join the EverWalk Mile Club on the Nation Network. Share your story about how walking has helped you
- Encourage new walkers and comment on their posts.
- Offer to support someone who has made the commitment to walk one consecutive mile a day by keeping them company virtually as they cross off each day they walk the EverWalk Mile on our downloadable calendar or track it on Walker Tracker.
- Reach out to a friend or family member who might want to start walking and walk with them in person or virtually.

## HELP WITH ACCOUNTABILITY & ENCOURAGEMENT:

- Remind them: The EverWalk Mile is for YOU! Don't cheat on yourself. A mile is a mile — inside or out. But it is not the total number of steps you walk in a day between the sofa and the refrigerator. LOL!
- This is a daily commitment to walk a mile without stopping if at all possible.
- Encourage them by texting them, calling them, walking & talking with them.
- Ask them to send you photos!
- Reach out if they're feeling discouraged.

**CELEBRATE THE EVERWALK MILE BY POSTING PHOTOS.  
HASHTAG #EVERWALKMILE**