

# The EverWalk Mile™

## APRIL 2021



**"TO SEE THE RAINBOW,  
YOU MUST COME OUT  
AND WALK MANY STEPS ON YOUR OWN."  
- AMIT RAY**

WRITE DOWN YOUR WALKING GOAL FOR THIS MONTH:

### MOTIVATE YOUR MILE

April 3 is National Find a Rainbow Day!  
Head out on your walk today & look for a rainbow!

April 7 is National Walking Day. . .so what better day  
do get out and walk The EverWalk Mile!!

April 15 is National High Five Day!  
Give yourself a high five for walking halfway through April!

April 23 is National Talk Like Shakespeare Day. . .  
To walk or not to walk is NEVER the question!

April 28 is National Superhero Day!  
Put on your cape and be a walking superhero today!  
Maybe a Diana Nyad cape with goggles. . .

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4	5	6	7	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 walking app.**
- **In 2021, we are partnering with the PACER app where you can track your mile on GPS.**
- **If you are interested in joining this app and premium walking community -- and have never joined an EverWalk virtual event, please visit the Virtual EverWalk page on the EverWalk website: <https://everwalk.com/virtual-everwalk/>**
- **If you're in the EverWalk Mile School Initiative, join the The Family Chat Room to keep your and your family accountable and to find encouragement from other walkers.**
- **Join the One Mile Club on the app to find fellow Milers.**

## 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 One Mile Club on the Nation Network. Or reach out to a friend or family member to walk with you — in person or virtually.**

## CELEBRATE YOURSELF

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

# *buddy* The EverWalk 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 The One Mile Club on the EverWalk Nation. 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 Pacer.
- 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  
SHARE YOUR SUCCESSES WITH US: [everwalkmileoutreach@gmail.com](mailto:everwalkmileoutreach@gmail.com)**