active 10's	miles and miles	location location
GOAL = 250	GOAL = 20	GOAL = 4
🤣 GOAL = 500	GOAL = 50	🧭 GOAL = 8
GOAL = 1000	GOAL = 70	🧹 GOAL = 12
✓ COAL = 1500	COAL = 100	✓ COAL = 16
keep walking	after dark	<u>seven days</u>
GOAL = 5	GOAL = 2	<u>COAL = 2</u>
GOAL = 10	🧭 GOAL = 5	<u>COAL = 4</u>
GOAL = 15	COAL = 8	<u>COAL = 6</u>
COAL = 30	✓ GOAL = 12	COAL=7
gearing up	aim high	smiles
GOAL = 1	GOAL = 200	COAL = 2
\bigcirc COAL = 2	\Box	
GOAL = 2 GOAL = 3	GOAL = 500	COAL = 4
 ✓ COAL = 2 ✓ COAL = 3 ✓ COAL = 4 	 ✓ GOAL = 500 ✓ GOAL = 1000 ✓ GOAL = 1500 	 ✓ GOAL = 4 ✓ GOAL = 8 ✓ GOAL = 12
GOAL = 3	COAL = 1000	GOAL = 8
GOAL = 3	COAL = 1000	GOAL = 8
GOAL = 3 GOAL = 4	COAL = 1000 COAL = 1500	COAL = 8 COAL = 12
GOAL=3 GOAL=4	COAL = 1000 COAL = 1500	COAL=8 COAL=12
GOAL = 3 COAL = 4 Stepping up COAL = 5000	COAL = 1000 COAL = 1500	COAL = 8 COAL = 12 the joker COAL = 12

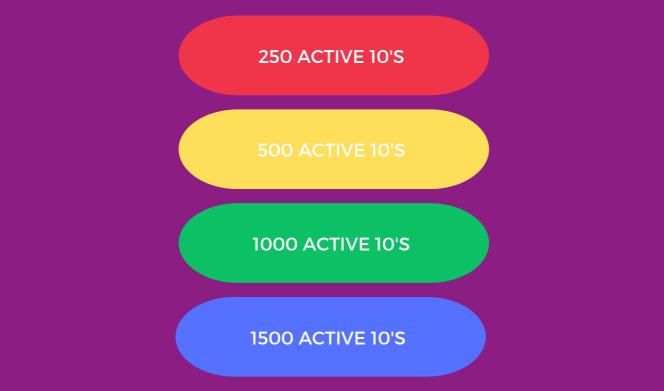




active 10's

Brisk walking has many benefits and can improve cardiovascular health, muscular strength, and body composition as well as improve your mental abilities, including work performance.

So why not download the ACTIVE 10 app and see how many you can achieve with us?



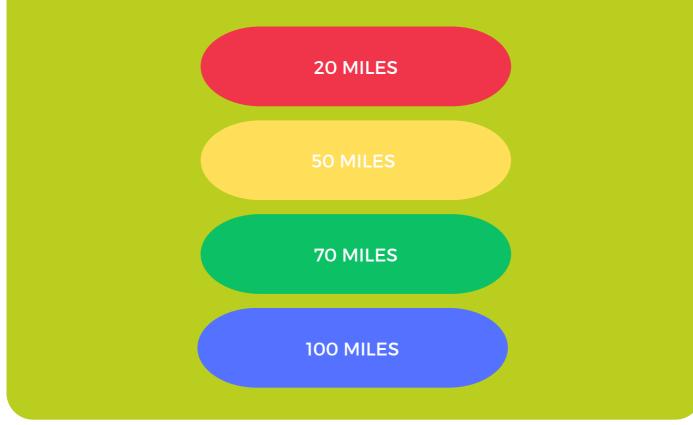




miles and miles

How many miles can you walk in one month?

This challenge is a great way to get you walking regularly and set some healthy exercise habits. On average it takes 21 days to form a habit so clocking up the miles over 4 weeks means you are well on your way to creating a lasting exercise routine.



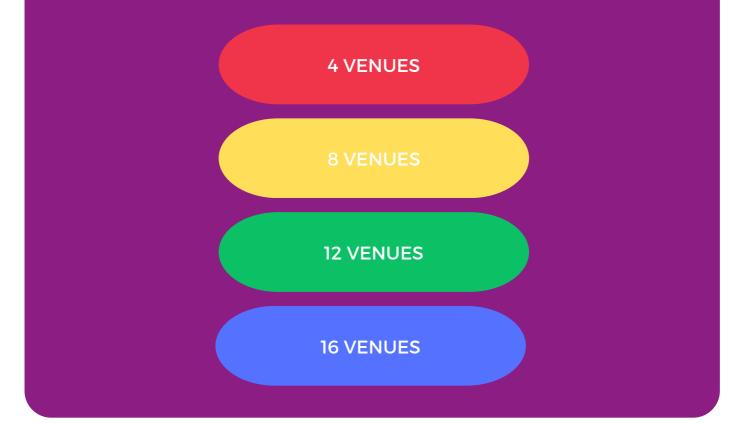




location location.

Nordic Walking Watford have over 25 different venues around the Watford area. The advantage of walking from different locations is that you experience different terrain, different views and a different walk each time.

How many different venues can you walk from this month?







keep walking

When you walk frequently muscles are more defined and inches are lost. Your energy is through the roof! All health measurements improve- blood pressure, cholesterol, glucose levels and so much more!

How many walks can you complete in one month?

5 NORDIC WALKS

0 NORDIC WALKS

15 NORDIC WALKS

30 NORDIC WALKS

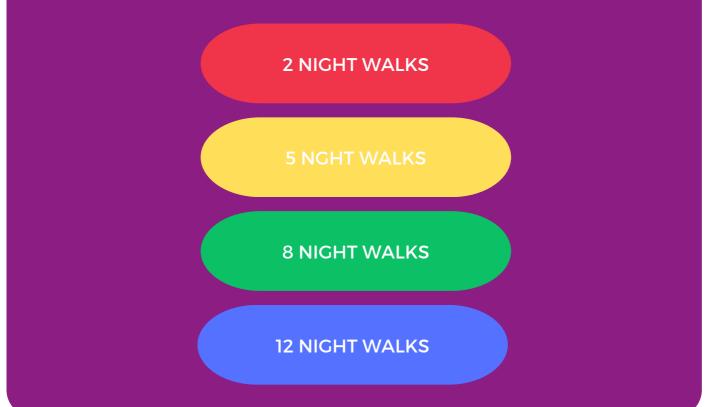




after dark

Nordic Walking at different times of day brings a different dimension and awareness to your walks. Nordic Walking at night sharpens the senses and helps to release stress.

How many night walks can you complete in one month?









gearing up

Walking at the same pace all the time means your body gets use to it and you stop seeing improvements in your fitness. Mixing up your pace (Gear 1, 2, PTP and 3) ensures your body keeps improving fitness wise.

How many different gears can you manage in the month?









Hill's are little mounds of opportunity! Adding hills or inclines to a walk can increase your heart rate, calorie burn, and activation of the hamstrings, glutes, and calf muscles.

How many feet of ascent can you achieve in the month?





BACK



Keep S'MILING through our challenge! Endurance walking is all about conserving energy so it's not about how fast you go - it's how far!

How many Saturday S'miles walks can you complete in the year?



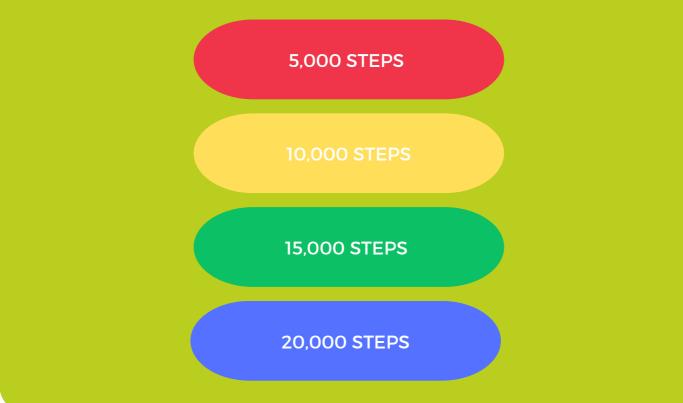




stepping up

Did you know that the arbitrary 10,000 steps originated as part of a marketing campaign for an early step counter leading up to the 1964 Tokyo Olympics, and has become the adopted benchmark of daily step counts.

How many steps can you achieve as a daily average in the month?



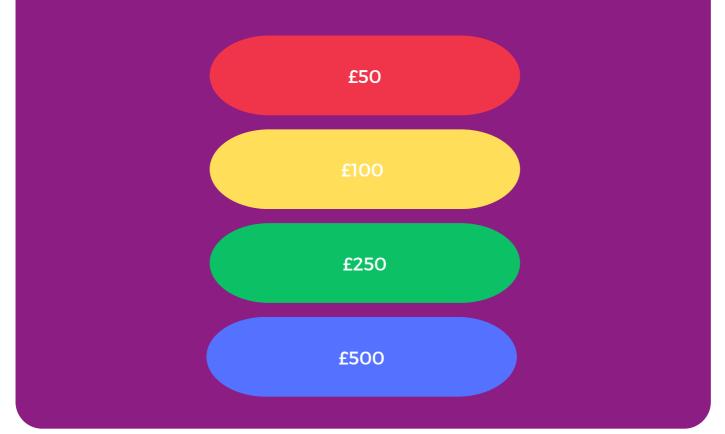




charity challenge

Push that comfort zone and take on a challenge for our nominated charity this year. You'll enjoy a sense of fulfilment, selflessness and make a real difference to our nominated charity for 2024.

How much can you raise for our cause?



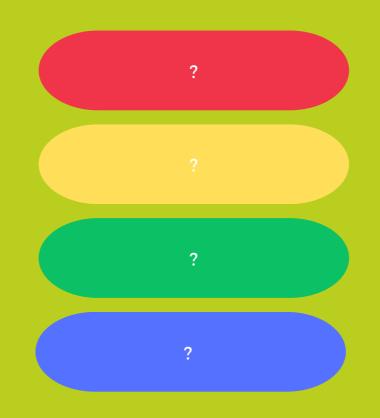




the joker

Exercise can not only keep people healthy and happy, but also improve cognitive ability. It can enhance memory, improve reaction speed, and alleviate depressive symptoms. So which challenge did you enjoy the most?

Do it again and up your goal!







complete

Complete 8 or more challenges at the same level and earn yourself our exclusive Nordic Walking Watford challenge pin!

