

CHALLENGE



active 10's

- ✓ GOAL = 250
- ✓ GOAL = 500
- ✓ GOAL = 1000
- ✓ GOAL = 1500

miles and miles

- ✓ GOAL = 20
- ✓ GOAL = 50
- ✓ GOAL = 70
- ✓ GOAL = 100

location location

- ✓ GOAL = 4
- ✓ GOAL = 8
- ✓ GOAL = 12
- ✓ GOAL = 16

keep walking

- ✓ GOAL = 5
- ✓ GOAL = 10
- ✓ GOAL = 15
- ✓ GOAL = 30

after dark

- ✓ GOAL = 2
- ✓ GOAL = 5
- ✓ GOAL = 8
- ✓ GOAL = 12

seven days

- ✓ GOAL = 2
- ✓ GOAL = 4
- ✓ GOAL = 6
- ✓ GOAL = 7

gearing up

- ✓ GOAL = 1
- ✓ GOAL = 2
- ✓ GOAL = 3
- ✓ GOAL = 4

aim high

- ✓ GOAL = 200
- ✓ GOAL = 500
- ✓ GOAL = 1000
- ✓ GOAL = 1500

smiles

- ✓ GOAL = 2
- ✓ GOAL = 4
- ✓ GOAL = 8
- ✓ GOAL = 12

stepping up

- ✓ GOAL = 5000
- ✓ GOAL = 10,000
- ✓ GOAL = 15,000
- ✓ GOAL = 20,000

charity challenge

- ✓ GOAL = £50
- ✓ GOAL = £100
- ✓ GOAL = £250
- ✓ GOAL = £500

the joker

- ✓ GOAL = ?

CHALLENGE



BACK



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?

250 ACTIVE 10'S

500 ACTIVE 10'S

1000 ACTIVE 10'S

1500 ACTIVE 10'S

CHALLENGE



BACK



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.

20 MILES

50 MILES

70 MILES

100 MILES

CHALLENGE



BACK



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?

4 VENUES

8 VENUES

12 VENUES

16 VENUES

CHALLENGE



BACK



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

10 NORDIC WALKS

15 NORDIC WALKS

30 NORDIC WALKS

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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?

2 NIGHT WALKS

5 NIGHT WALKS

8 NIGHT WALKS

12 NIGHT WALKS

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seven days

Nordic Walking Watford offer walks 7 days of the week with a mix of morning, evening and weekend walks.

How many different days can you walk in the month?

2 DAYS

4 DAYS

6 DAYS

7 DAYS



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?

1 GEAR

2 GEARS

3 GEARS

4 GEARS

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aim high

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?

200 FEET

500 FEET

1000 FEET

1500 FEET

CHALLENGE



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smiles

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?

2 S'MILES WALKS

4 S'MILES WALKS

8 S'MILES WALKS

12 S'MILES WALKS

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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?

5,000 STEPS

10,000 STEPS

15,000 STEPS

20,000 STEPS

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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?

£50

£100

£250

£500

CHALLENGE



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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!

?

?

?

?

CHALLENGE



BACK



complete

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

