



10 for '10

Wellness goals

physical » mental » spiritual » financial



Commit to walking



Start a virtual walking club. Get 10 friends to commit to this challenge with you. Encourage one another with emails and phone calls to **get out and walk:**

- » During your break time
- » At the end of your lunch hour
- » Before or after work
- » At the gym
- » Be creative. *Make time to walk!*

Download a wellness goals card at
www.GuideStone.org/wellness



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Let's take a walk!



What: It's a walk-a-thon for your health!

When: _____

Where: _____

Bring your athletic shoes and take a walk with your co-workers.

See _____
to schedule your walk time today.

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