


# June Daily Jaunt

Walking for at least one mile every day for 30 days

HeadRightOut  
ENCOURAGING FEMALE RESILIENCE



Create a healthy habit to get outside for a DAILY walk...

<p>June Daily Jaunt</p>	<p>Walk up a hill</p>	<p>Singing in the rain</p>	<p>Rainbow walk seven photos = seven colours</p>	<p>Walk to a bridge</p>
<p>Invite someone you've never walked with them before</p>	<p>Walk along a canal or a stream</p>	<p>Borrow a dog or take your own!</p>	<p>Walk solo</p>	<p>Sunset walk</p>
<p>Beach walk or lake shore</p>	<p>Mixed-terrain medley Four terrains in one walk</p>	<p>Walk north</p>	<p>Follow @headrightout on FB, TW, IG</p>	<p>A walk in the woods</p>
<p>Sunrise walk</p>	<p>Walk west</p>		<p>Walk east</p>	<p>Litter pick</p>
<p>Urban walk</p>	<p>Be inspired by HeadRightOut, the podcast. Available on all podcast apps</p>	<p>Walk south</p>	<p>Riverside walk</p>	<p>Cake walk what's a walk without tea and cake? Carry out or find a tearoom.</p>
<p>Picnic walk</p>	<p>Walk to a pub Walking or staggering back is your choice!</p>	<p>Long walk further than you have ever walked in one day</p>	<p>Walk a new route</p>	<p>Comfort zone flex a HeadRightOut moment</p>
<p>Creative walk Sketch, paint or poeticise your walk</p>	<p>Park life - walk as many circuits as you need, to reach at least a mile</p>	<p>Walk-run try alternating walking and running for 10/20/30 paces at a time</p>	<p>Walk in fancy dress</p>	<p>Yippee, you did it!</p>

[www.headrightout.com](http://www.headrightout.com)





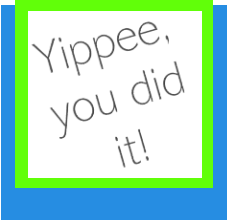
Please share using #junedailyjaunt and #headrightout

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