

Mental Health Walking Challenge

May 1st - 5th

How many minutes can you walk this week? Track your progress, send your minutes to Maureen by Fri(yay) noon and you just may win a prize!

Monday	Tuesday	Wednesday	Thursday	Friday

happy beats playlist

1. "Don't Stop Me Now" by Queen
2. "Uptown Funk" by Mark Ronson & Bruno Mars
3. "Hey Ya!" by OutKast
4. "Watermelon Sugar" by Harry Styles
5. "September" by Earth, Wind & Fire
6. "Home" by Edward Sharpe & The Magnetic Zeros
7. "New Romantics" by Taylor Swift
8. "Dancing Queen" by ABBA
9. "Africa" by TOTO
10. "Stayin' Alive" by Bee Gees
11. "Float On" by Modest Mouse
12. "Valerie" by Mark Ronson with Amy Winehouse
13. "Take Me Home, Country Roads" by John Denver
14. "Dog Days Are Over" by Florence + The Machine
15. "See You Again" by Miley Cyrus
16. "On Top Of The World" by Imagine Dragons
17. "Nancy Mulligan" by Ed Sheeran
18. "I'm Like A Bird" by Nelly Furtado
19. "September Song" by JP Cooper
20. "The Lazy Song" by Bruno Mars
21. "Take on Me" by a-ha
22. "Walking on Sunshine" by Katrina & The Waves
23. "Here Comes the Sun" by The Beatles
24. "Put Your Records On" by Corinne Bailey Rae
25. "Love on Top" by Beyoncé
26. "Mr. Blue Sky" by Electric Light Orchestra
27. "Beautiful Day" by U2
28. "Good as Hell" by Lizzo
29. "Girls Just Want to Have Fun" by Cyndi Lauper
30. "What Makes You Beautiful" by One Direction
31. "I'm Yours" by Jason Mraz
32. "I Gotta Feeling" by Black Eyed Peas
33. "Unwritten" by Natasha Bedingfield
34. "Mr. Brightside" by The Killers
35. "Feel It Still" by Portugal. The Man

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Benefits of Walking

1. Improves confidence, stamina and energy
2. Reduces stress, anxiety and depression
3. Helps to maintain a level of physical fitness
4. Reduces the risk of coronary heart disease, strokes, diabetes, high blood pressure, bowel cancer and osteoporosis
5. Improves memory, concentration and learning ability
6. Increases life expectancy
7. Helps prevent dementia and Alzheimer's

Don't worry about walking a mile in my shoes, just try a day thinking in my head.