

TAKE 15'S GOAL IS TO HELP ENCOURAGE POSITIVE MENTAL HEALTH IN THE WORKPLACE WITH A FOCUS ON MINDFULNESS, REMOVING THE STIGMA ASSOCIATED WITH MENTAL HEALTH, ENCOURAGING MORE CONVERSATION AND ENGAGEMENT WITH BOTH EMPLOYEES, CLIENTS AND CUSTOMERS.

SPENDING TIME IN GREEN SPACE OR BRINGING NATURE INTO YOUR EVERYDAY LIFE CAN BENEFIT BOTH YOUR MENTAL AND PHYSICAL WELLBEING.

IT CAN HELP IMPROVE YOUR MOOD

REDUCE FEELINGS OF STRESS OR ANGER

HELP YOU TAKE TIME OUT AND FEEL MORE RELAXED

IMPROVE YOUR PHYSICAL HEALTH

HELP YOU BE MORE ACTIVE

HELP YOU FEEL MORE CONNECTED TO NATURE

JULY GET OUTSIDE



WALKING IS LOW IMPACT, REQUIRES MINIMAL EQUIPMENT, CAN BE DONE AT ANY TIME OF DAY AND CAN BE PERFORMED AT YOUR OWN PACE.

WALKING IS A GREAT WAY TO IMPROVE OR MAINTAIN YOUR OVERALL HEALTH. JUST 30 MINUTES EVERY DAY CAN INCREASE CARDIOVASCULAR FITNESS, STRENGTHEN BONES, REDUCE EXCESS BODY FAT, AND BOOST MUSCLE POWER AND ENDURANCE.

LOOKING FOR SOME MOTIVATION?

CHECK OUT SOME
WALKING PODCASTS
AND PLAYLISTS

