# AILA Well Being Week Go Outside to Walk, Run, or Bike Challenge

Getting outside, breathing fresh air, and moving our bodies is a simple yet powerful way to ground ourselves. This year as a part of Well-Being Week in Law, AILA is encouraging members to find time to go outside to walk, run, or bike! This can be a formal walk organized by chapters or just taking 5 minutes to stand outside before you head home for the day. Whatever this looks like for you we hope it gives you a moment of peace in a turbulent time. Share your experience using #AILAWellBeingWeek. Below are some suggestions should you wish to participate at a chapter or personal level.

### **At the Chapter Level (In-Person)**

**Goal:** Organize a group walk outdoors.

* **Pick a Spot**: Choose an accessible park or trail.
* **Set a Time**: Plan for May 5-9 and make it easy for members to join.
* **Encourage Socializing**: Walk, chat, and connect with others.
* **Stay Safe**: Wear comfy shoes, bring water, and check the weather.
* **Snap a Pic**: Share photos with the hashtag to build community.

### **At the Chapter Level (Remote)**

**Goal:** Host a virtual walking challenge.

* **Set Up a Check-In Space**: via email or a group chat.
* **Encourage Follow Ups**: consider adding fun photo prompts for the walk.
* **Buddy Up**: Pair members for accountability.
* **Flexible Timing**: Walk anytime during the week.
* **Map It**: Share locations on a virtual map for extra fun!

### **At the Personal Level**

**Goal:** Step outside for a quick breather.

* **Find Your Spot**: Choose a peaceful place to walk.
* **Snap a Pic**: Share your outdoor moment with the hashtag #AILAWellBeingWeek.
* **Mindful Movement**: Focus on your breath and surroundings.
* **Grab a Friend or Relative:** recruit someone close to go with you
* **Celebrate**: Enjoy the break and feel good about it!

Did you go outside? Let us know by snapping a picture and using the hashtag #AILAWellBeingWeek