

# STRONG ENOUGH FOR THE ROAD: MOVEMENT, RESILIENCE, & JOY OF THE NEXT STEP

## SETTING THE JOURNEY'S INTENTION

Welcome, Pause, and Arrive in the Body:

- Deliberate pause helps reduce stress and prevent fatigue or injury
- Noticing breath, posture, and sensations reconnects you with your body
- Welcome self-kindness

01.

## MOVEMENT AS A FOUNDATION FOR STRENGTH

Listening to the Body and Respecting Limits:

- Listening to body signals helps prevent injuries
- Resilience is built by balancing activity with rest
- Respecting personal limits fosters confidence

02.

## RESILIENCE THROUGH CHALLENGES AND TRANSITIONS

Resilience on the Road:  
Adapting Without Giving Up:

- Resilience involves flexibility like accepting help to overcome physical or emotional challenges
- Changing routes or pacing is normal progress
- Viewing life transitions encourages growth and realignment

03.

## JOY, CONNECTION, AND THE NEXT STEP FORWARD

Finding Joy in Small, Ordinary Moments:

- Small pleasures replenish emotional reserves and motivate
- Awareness of small joys strengthens gratitude and presence
- Each step forward is both an arrival and a new beginning filled with hope

04.

# RESOURCES TO CONTINUE YOUR JOURNEY

## WALKING CHALLENGE

**Challenge: June 1 - 30**

Lace up your walking shoes as we start our own camino. This walking challenge is open to all retirees sign up at - <https://nmrhca.thrives.app/>

## PRESCRIPTION TRAILS

New Mexico website to help you find best park and walking trails and wheelchair rolling paths around the state -

<https://www.cabq.gov/parksandrecreation/parks/prescription-trails>

## ABQ SENIOR CENTER'S HIKING GROUPS

Offers over 300 guided hikes, ranging from easy to challenging, for adults:

<https://aschg.org/>

## ALBUQUERQUE LEISURE WALKING AND SOCIAL ACTIVITIES

Focuses on weekly leisure walks and social events:

<https://www.meetup.com/albuquerque-leisure-walking-and-social-activities/>

## JUNE WALKING GROUP IN ALBUQUERQUE

June 2: at 10:00 a.m. - ABQ Rail Trail (meet at Sawmill Market- Sculptural Arches)

June 9: at 11:00 a.m. - Mariposa Basin Park (Basketball Courts)

June 16: at 11:00 a.m. - Paseo del Bosque Trail (Alameda Trailhead)

June 23: 9:00 a.m. Academy Hills Park (Soccer Fields)