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://santafenm.gov/public-works/parks-and-open-space/parks-open-space-locator/prescription-trails-1**

VAMONOS SANTA FE

In-town walks on trails near Santa Fe's parks and 5 hikes on dirt trails each year for a total of 30 walks from May through October: **https://sfct.org/vamonos/**

JUNE WALKING GROUP IN SANTA FE

*All walks on Thursdays from 9:30 -10:00 a.m.

June 4: Ragle Park (Field 1)
June 11: Swan Park (Basketball Courts)
June 18: Alto Park (Tennis Courts)
June 25: Rail Trail (Rabbit Road Trailhead)