

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://prescriptiontrails.org>

ALL TRAILS

Find your next adventure on All Trails. You are able to locate walking trails and hikes by city, part or trail name - <https://www.alltrails.com/>

FIND A LOCAL WALKING GROUP

Find a local walking group within your community. Walking with others can increase accountability, enhance safety, and offer physical and mental boosts!