

HEALTHY MONDAY: MONDAY MILE

Healthy Monday is a new Healthy@Hopkins initiative for JHU faculty and staff. The goal of the program is to reduce chronic preventable disease by offering employees a weekly prompt to start and sustain healthy behaviors. Research shows that we are more likely to maintain changes throughout the week if we begin them on a Monday. Many of us use the first day of the work week to trigger new behaviors, get organized, and set goals. It makes Monday the perfect day to start walking!

Walking the Monday Mile is an incremental change that can improve your overall health and well-being by:

- **Burning Calories**
- **Increasing Circulation**
- **Improving Mood**
- **Reducing Stress**
- **Giving you time to think**
- **Adding social time with co-workers, family and friends**



It can be as easy as walking down the street and back. Create your own routes and invite others to come along. If walking at work, consider taking the:

- [Homewood Campus Route](#)
- [East Baltimore Route](#)
- [Eastern Route \(four times around our new track equals a mile\)](#)

Once you've completed the Monday Mile, record your accomplishment in our [LOG](#) by the end of the day on the following Wednesday. A weekly Prize drawing will be held each Thursday.

Every step you take is a step towards a healthier you so either way you're a **WINNER!**