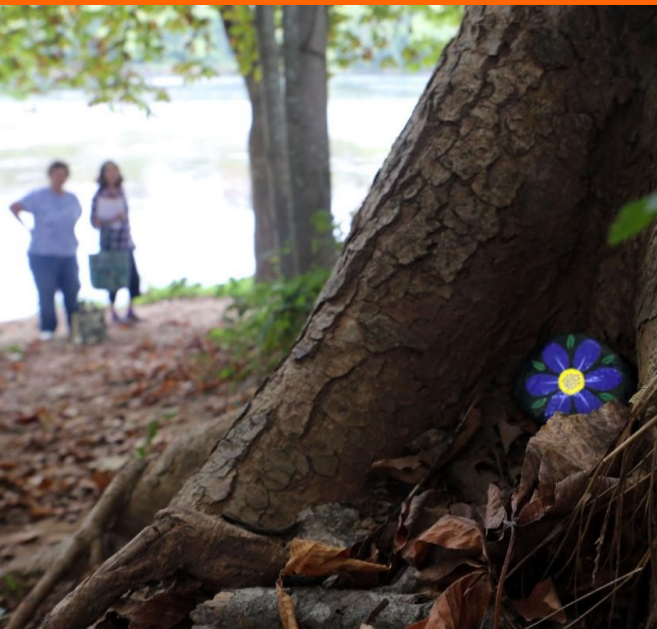




# NAMI Walks

## YOUR WAY

## Fun Day Sunday



### Kindness Rocks Walk

One message at just the right moment can change someone's entire day, outlook, life. —*#Kindness Rocks Project™*

Yesterday, we shared a fun, easy craft project that would bring a little bit of happiness to a stranger's life.

Today's activity suggestion is to take your rocks or a walk!

Throw a few of these rocks into your backpack or fanny pack and head out to your favorite walking path. Is it around your neighborhood? Is it on a bike path? Is it by a lake or up a mountain? Wherever you go, be sure to place these rocks in places where they will be seen by others.

What a nice trend to start in your community, and a great way to boost your energy level and mood!

### NAMI Vermont Minute:

The Boston Marathon is 26 miles. The New York City Marathon is 26.219 miles. Swimming the English Channel is 21 miles. Running with the bulls in Spain is .5 miles. The Ironman Triathlon is a combination of 2.4 miles swimming, a 112-mile bike ride and a 26.22 mile run.

A NAMIWalks 5K is only 3.107 miles - and doesn't require running, swimming or staying out of the way of an angry bull!