



STORY IDEAS

THE MAGIC OF WALKING: YOUR GUIDE TO A BALANCED, PURPOSEFUL LIFE By Susan Sommers

1. **el Camino de Santiago: Sommers' journey walking a virtual race during COVID-19**

Months into the pandemic, Sommers challenged herself to complete all 778 km in 5 months. She walked 15,000 steps a day and received her medal in November, 2020 at the age of 76. Her experiences were life-changing as she discovered newfound resilience, strength and courage.

2. **Cultivating a walking practice for mental health**

The COVID-19 pandemic is impacting our mental health in so many ways. Learn how walking is a simple yet every effective way to help manage anxiety, stress and negative feelings during this challenging time. It's never too late to start.

3. **Be a tourist in your own city.**

With the current COVID-19 restrictions, elevate your walking route and challenge yourself to find new trails, parks and neighbourhoods to explore. You'll learn something new, stimulate your brain and help keep your routine from becoming too routine! Sommers shares 10 of her favourite routes for walking in Toronto, which she captured in photos and are included in her new book.

4. **The link between walking and emotional strength**

If you want to make some healthy changes in your life, walking is an ideal way to start. Discover what motivates you to walk, tips to succeed in reaching goals and strategies to overcome obstacles and setbacks.

5. **Set a goal to complete a walking race**

Find a charity or cause you support. Sommers' created her first walking team for her company [Power Source for Women](#), for the Women's College Hospital's [Run for Women](#). The event supports their mental health



programs for women. Setting a goal and accomplishing it is a great feeling, especially when you are walking with a purpose.

6. Walk with your partner

Try taking your date night on the road for a change. Sommers is a walker and her husband is a runner. Together they have completed a total of 12 marathons in their 50's and 60's. He was also by her side throughout the four months of walking the el Camino de Santiago. There are so many benefits to walking with your partner including time to decompress, time to sort through issues or just time together without an agenda. Or make it a family affair and invite your kids and grandchildren along for a great way to have quality time and promote the importance of regular exercise.

7. How to walk a 5k, 10k, half-marathon or marathon

Sommers has walked 35 races including two 7 ½ hour marathons. Tap into her extensive training knowledge, experiences and lessons learned on the way to the **finish line. She shares the successes and challenges of her distance races, with humour and insight.**

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