

@CreatingWithSarah and @Just_Starkey is hosting the

Prevention Virtual Walk 2021

Happy 2 Walk

Woo!!!

LET'S GET STARTED!

During the month of April we will be sharing our journey through IG Stories and on our feeds!

GIVEAWAY

Read on for details on what it is and how to enter.

COMMUNITY REEL

Our National Sticker Day Community Reel was so fun, lets do it again!

THE FINAL STRETCH

However you train, just be consistent! Show up the best way that you can!

LET'S GET STARTED!

Use #Happy2Walk to document your journey and to see how our team is doing.

Here are ways that you can share your journey on your stories/feed:

- Wellness/fitness spread
- Pic/Video of your training session
- Encouraging quotes
- Cheering on other team members by sharing their posts/stories

GIVEAWAY

This giveaway is not sponsored by The Happy Planner or Prevention Magazine.

One person will win a Wellness package stocked full of amazing products to help you on your journey to Wellness/Fitness. To enter visit juststarkey.com/giveaway

COMMUNITY REEL

At the beginning of the year 80 planners in our community put together the largest community reel.

It's time we do it again!

If you would like to participate in the community reel, send Chrissy (@Just_Starkey) a short 5 second clip of you walking/jogging/running/ biking/moving/dancing. The video will be put to music and shared on Instagram. Please do not overly edit your clip as Chrissy will be batch editing the video all at once to keep a consistent look. You can email your video clip to:

juststarkey@gmail.com

or send it to @Just_Starkey on Instagram. Just make sure that if you send it on IG that it is from your photos and not recorded in IG.

THE FINAL STRETCH

This month is going to be so amazing! We want to encourage you along the way and want the community to share tips towards better health. However you decide to participate during the month of April is up to you. On May 1st take your time and do what is comfortable for you.

You got this!!!!

PREVENTION
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VIRTUAL WALK



TEAM *happy2walk* MAY 2021

I DID THE 

PREVENTION

2021

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VIRTUAL WALK

TEAM
happy2walk