

#OvernightAction

No matter where we are, we walk together.

Complete as many of the **#OvernightAction** activities below that you can before June 26th! Post your cards weekly on social media or email them to your Walker Coach to share your activity with The Overnight community and those who are participating alongside you.

Reading	Zumba	Journaling/Writing	Mediation	Swimming
Yoga	Cycling	Completing a video on TheOvernight.org/Training	Participating in a #RealConvo	Cooking
Your favorite workout	Therapy	FREE #OvernightAction Space	Sharing your story/fundraising	Elliptical
Napping	Walking	HIIT/Cardio	Stretching	Dancing
Hugging someone you care about	Hiking	Breathing exercise	Running	Your favorite self-care activity

