

Fellowship, Fitness & Fundraising at the Advent



2011 Campaign Challenge July 3, 2011 to September 10, 2011

Fitness Challenge

100 Minutes per Week (Average 15 minutes a day)

10 Glasses of Water a day or 100 Litres of Water per week

Fellowship Walk (two or more walkers) at least once per week

Steps:

- ✓ Set a Goal to walk at least 100 minutes per week, drink 10 glasses of water a day or 100 litres of water per week and/or walk with a partner or group at least one day a week.
- ✓ Record your success and report it on the fitness board!!!
- ✓ Invite family and friends to join us for our annual walkathon on September 10th at 10 a.m.
- ✓ Encourage family and friends to make a pledge.



Fellowship

- ✓ Any amount of walking is good. Walking with a partner or group is FUN!!!
- ✓ Walk together around your local area before or after meals or trade in a half hour of TV for a brisk stroll around the block.
- ✓ Encourage family and friends to join us for our annual walk-a-thon in September.



Fitness

Be sure to check with your doctor on the level of exercise that's best for you.

- ✓ Walking at least 15 minutes for seven days will allow you to maintain this year's challenge of 100 minutes per week.
- ✓ During your walks, you should be able to maintain a conversation. If you are breathing lightly, increase your pace. If you can't catch your breath, slow it down. Climbing is an excellent way to strengthen your heart. Try walking up and down stairs for 15 minutes
- ✓ The benefits of drinking water include: boosting your energy levels, reducing hunger, helping your digestion system and reducing the risk of so many health issues.



Fundraising

- ✓ Encourage friends and family to sponsor you to maintain your challenge. Return all sponsorship sheets in September at our annual walk-a-thon on September 10, 2011.

Prizes

- ✓ For walkers who walk with a partner or in a group at least 3 times per week
- ✓ For walkers who maintain the most minutes or glasses/litres of water for the entire campaign
- ✓ For walkers who have pledges of \$50 or more

Keep it Steady & Record your Results
 Tip use: M – For Minutes, W – for Water & √ - for Group Walk

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Jul. 3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Aug. 01	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Sept. 1	2	3
4	5	6	7	8	9	10

Record the number of minutes you walk.
 Record the number of glasses or litres of water you consumed.
 Place a check mark in the box if you walked with a partner.