

Walking Program Information

1. The purpose of the Slovak Catholic Sokol Walking Program is to promote a heart-healthy lifestyle. By exercising, each Walker will reach milestones to be eligible for awards. The pursuit of reaching the milestones leads to a healthier way of life.
2. To be eligible for participation, a Walker of any age, must be a member of the Slovak Catholic Sokol.
3. A member can start the program at any time during the year. The final Tally Sheet for that year must be submitted no later than January 31 of the following year.
4. Miles walked can be sent to the coordinator monthly, quarterly or at the end of the year. Information should include total miles walked and location/ setting. The included Tally Sheet may be used.
5. Mileage from each year will determine the prize awarded. Every Walker will receive an award.
6. Awards will be given for each milestone achieved by the 100's and will be determined by the coordinator.
7. Awards will be given in March of the following year.
8. Coordinator contact information:
Nancy Kropolinsky: Supreme Assistant Physical Directress
kropolinskynancy@gmail.com
1853 Wingate Rd. Youngstown, Ohio 44514
330-727-2487

“Stepping Into a Healthy Heart”

I would like to encourage all members to join veteran SOKOL walkers and enroll in the Walking Program. It is easy to enroll. Just keep a record of your miles and send them to me monthly, quarterly or at the end of year. Members will receive an award for each 100th milestone reached. Awards may be broken into age group categories. Please include the following: your Name, Age, Address, Email (if applicable), Miles walked and dates. A Sample Tally Sheet is included.

The physical benefits of walking are numerous: A brisk walk 30 minutes a day can help maintain a healthy weight, improve cardiovascular fitness, promote muscle endurance, and increase energy levels. If you can't set aside 30 minutes at one time, start out with several short sessions throughout the day. Any amount of activity is better than none. The weather is getting warmer so now is the perfect time to start! If you are new to the walking program, here are some tips to help you get started:

- Establish goals you can accomplish- start simple such as walking for 10 minutes at a time.
- Vary your routine- plan several routes, walk somewhere new or plan walks with a friend.
- Choose your course carefully- walk in well light areas, avoid uneven paths
- Wear comfortable clothes- shoes with flexible soles to absorb shock.
- Don't give up- if you miss a day or so, just pick up and start again.

The benefits of walking promote the theme of our slogan - “A sound mind in a sound body”. Purposeful walking can foster a peaceful state of mind. In the book, *Mindfulness: A Practice Guide to Finding Peace in a Frantic World*, Professor Williams, and Dr. Penman state that “Happiness is looking at the same things with different eyes.” Mindful walking can provide inner peace during this most frantic time of our lives. Walking in this way encourages one to be present in the moment, find stillness and develop awareness. To being:

- Choose a place to walk with minimal distractions, such as a park, a garden, walking trail
- Consider your posture, your weight on your feet, your muscles, and your balance
- Take a few deep breaths and begin walking slowly
- Attend to the senses around you, what you hear, see, smell, and feel

Mindful walking may take time to get used to, but the benefits are proven to promote positive changes in mental health, such as reducing anxiety, depression, and stress.

Whichever method of walking you choose, select the one you need the most at that time and take the first step.

I look forward to hearing from all the walkers out there and am anxiously awaiting to receive totals!

My contact information is:

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** Suggested form 7/22

Slovak Catholic Sokol Walking Program Tally Sheet

Name _____ Email _____

Age _____ Address _____

Month	Miles Walked	Location/ Setting
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		