



## OVERVIEW

# Faithful Families WALKING CHALLENGE

**FAITHFUL  
FAMILIES** Thriving  
Communities



# Faithful Families WALKING CHALLENGE

## OVERVIEW

### DOCTOR'S NOTE

Before starting the Faithful Families Walking Challenge, make sure you consult your physician or other health care professional. This is particularly important if you have a history of type 1 or type 2 diabetes, high blood pressure, or heart disease, or if you have ever experienced discomfort while exercising.

Congratulations on implementing the Faithful Families Walking Challenge! The following overview provides tools and resources that have been created to help you implement this challenge.

The Faithful Families Walking Challenge is a fun way to encourage everyone in your faith community to walk more every day. During the **four-week event**, participants challenge each other to increase how much they walk from week to week.

The Walking Challenge includes **weekly newsletters with quick tips and ideas** that anyone can use to walk more. Participants try to follow these tips every day during the challenge period. **For every 10 minutes of walking, the participant receives 1 point.** The Faithful Families Walking Challenge log offers an easy way to record the number of points accumulated each day during the challenge. Participants will be using the log to keep track of their points.

At the end of the challenge, participants count the total number of points accumulated on their Walking Challenge log. Prizes or recognition may be given to the participants who earn the most points during the competition.

The Faithful Families Walking Challenge can also be done with teams. Each team encourages its participants to complete the four-week challenge. The team that earns the most points wins the challenge prize.

Sample materials for the challenge are available for download at: [FaithfulFamilies.com](http://FaithfulFamilies.com).

### These materials include:

- Announcement poster
- Sign-up sheet
- Log sheet
- Weekly newsletters
- Certificate of achievement
- Evaluation survey



# ORGANIZING THE WALKING CHALLENGE

1. **TALK** with your faith community's leadership about implementing the Faithful Families Walking Challenge. Show them the challenge materials, and discuss prizes for the participants. Remind the leaders that increasing physical activity will help people in your faith community to be and feel healthier.
2. **DESIGNATE** a Faithful Families Walking Challenge coordinator. The coordinator will distribute and collect log sheets from participants.
3. **DETERMINE** the prizes (e.g., fun socks, water bottle, etc.) or type of recognition for the winning participants or teams. Be creative!
4. **ANNOUNCE** the Faithful Families Walking Challenge. A sample announcement poster can be downloaded at [FaithfulFamilies.com](http://FaithfulFamilies.com). Post the announcement in several locations and on bulletin boards. Consider sharing information through email messages, faith community meeting announcements, and bulletins or during services or by word of mouth.
5. **RECRUIT** participants for the Faithful Families Walking Challenge by posting a sign-up sheet in appropriate places. The sign-up sheet can be downloaded at [FaithfulFamilies.com](http://FaithfulFamilies.com). Decide if competition will be between individuals or teams.
6. **DISTRIBUTE** the Faithful Families Walking Challenge log to participants. Remind the participants to keep a copy of the walking log with them most of the time so that they can enter points any time they complete 10 minutes of walking.
7. **SEND** weekly newsletters to participants. These tips can be printed or emailed to participants. Download newsletters at [FaithfulFamilies.com](http://FaithfulFamilies.com).
8. **REMIND** participants of the Faithful Families Walking Challenge end date one week in advance. Set a designated place for collecting the Walking Challenge logs. If the logs will be collected via email, be sure participants know the date and time their logs are due as well as the email address they should send walking logs.
9. **COLLECT** Faithful Families Walking Challenge logs on the designated collection date.
10. **NOTIFY** winners within two days of collection. Sending out an email or posting an announcement is a great way to conclude the Faithful Families Walking Challenge and recognize the participants. You might also consider making an announcement at a faith community event or service.
11. **EVALUATE** the Faithful Families Walking Challenge. Make a note of how many people participated. Talk with the participants to ask if they enjoyed it. Use the evaluation survey to find out what they found helpful and what they thought was missing. Participants can visit [FaithfulFamilies.com](http://FaithfulFamilies.com) and search "walking challenge" to fill out the brief survey online.
12. **TALK** with your faith community leaders about the program's successes and challenges and share the evaluation results. If participants had any ideas about how to promote walking in your faith community, talk with the leaders about these ideas.

To learn about North Carolina's walking campaign, visit [MoveMoreWalkNowNC.com](http://MoveMoreWalkNowNC.com).

COMING SOON!

# Faithful Families WALKING CHALLENGE

This challenge will help you to move more by offering simple suggestions to increase physical activity through walking.

The weekly newsletters and walking log will make it easy for you to earn and track your Walking Challenge points.

MOVING MORE IS EASY. SIGN UP NOW.

DON'T BE LEFT OUT! JOIN THE FUN.

Remember to check the weekly newsletters for updates, recipes, and more!

This challenge will begin on \_\_\_\_\_ and end on \_\_\_\_\_

For more information about the challenge, contact \_\_\_\_\_ at \_\_\_\_\_

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### SIGN-UP SHEET

Take the first step to a healthier life by participating in the Faithful Families Walking Challenge. The challenge offers tips to help you increase physical activity by walking, and a pedometer is included to track your progress. Sign-up below to participate!


The Walking Challenge begins on \_\_\_\_\_ to participate.

Sign up by \_\_\_\_\_ to participate.

Full Name Phone Email

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Sign-Up Sheet

Poster


### WALKING LOG

Use this log to keep track of your challenge points each day. Mark down one point for every mile walked. Add the total number of points at the end of the challenge and submit your log to the challenge coordinator.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								

TOTAL CHALLENGE POINTS \_\_\_\_\_

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Walking Log

### CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS AWARDED TO \_\_\_\_\_

FOR THE SUCCESSFUL COMPLETION OF THE FOUR-WEEK Faithful Families WALKING CHALLENGE

Signature \_\_\_\_\_ Date \_\_\_\_\_

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Certificate

### EVALUATION

You recently participated in the Faithful Families Walking Challenge. Please complete this evaluation survey. Thank you!

Faith Community \_\_\_\_\_  
County \_\_\_\_\_  
State \_\_\_\_\_


1. I would like to participate in similar activities in the future. Yes No Not Sure  
 2. I would recommend this activity to others. Yes No Not Sure  
 3. I have increased my physical activity through walking as a result of this challenge. Yes No Not Sure  
 4. Participation in this activity has encouraged me to continue walking as a physical activity after the program ends. Yes No Not Sure  
 5. The best/most helpful part of this activity was \_\_\_\_\_

6. This activity could be improved by \_\_\_\_\_

7. I heard about this challenge from: (check all that apply) \_\_\_\_\_  
 \_\_\_\_\_ Faith community member \_\_\_\_\_ Neighbor \_\_\_\_\_  
 \_\_\_\_\_ Faith community leader (e.g., Pastor, Minister, Ministry leader, etc.) \_\_\_\_\_  
 8. For future healthy eating and/or physical activity challenge programs, I am interested in \_\_\_\_\_

Please return this survey to your Walking Challenge coordinator: \_\_\_\_\_ by \_\_\_\_\_

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Evaluation

### Faithful Families Walking Challenge

CONGRATULATIONS ON FINISHING THE FIRST STEP TO IMPROVE YOUR HEALTH BY JOINING THE FAITHFUL FAMILIES WALKING CHALLENGE. WALKING IS A LOW IMPACT ACTIVITY THAT IS NOT ONLY GOOD FOR YOUR JOINTS, BUT CAN HELP TO LOWER BLOOD PRESSURE, IMPROVE SLEEP, AND INCREASE YOUR ABILITY TO LOSE WEIGHT. KEEP UP THE GOOD WORK BY WALKING STEPS TO BETTER HEALTH.

NEWSLETTER WEEK 1

**GETTING STARTED**  
 Before we start, let's make sure you're ready to get started. Here are some things you can do to get started:

- **Check with your doctor.** Make sure you're healthy enough to walk. If you have any health conditions, talk with your doctor or physical therapist before you start walking.
- **Start with a goal.** Set a goal for how many steps you want to walk each day. Start with a goal of 10,000 steps per day. You can increase this goal as you go.
- **Find a walking partner.** Walking with a friend can make it more fun and help you stay motivated.
- **Use a pedometer.** A pedometer can help you track your steps and stay motivated.

**DETERMINE YOUR ROUTE**  
 Choose a safe and enjoyable route to walk. Here are some tips to help you choose a safe route:

- **Choose a safe route.** Avoid busy streets, steep hills, and uneven surfaces.
- **Choose a route you enjoy.** Walking in a park or on a scenic trail can make it more enjoyable.
- **Choose a route that is close to home.** This will make it easier to get started.

**SET A TIME AND PLACE**  
 Choose a time and place to walk that works for you. Here are some tips to help you choose a time and place to walk:

- **Choose a time that works for you.** Walking in the morning can help you start your day with a positive attitude.
- **Choose a place that is safe and enjoyable.** Walking in a park or on a scenic trail can make it more enjoyable.
- **Choose a place that is close to home.** This will make it easier to get started.

**More Move Break**  
 Did you know? Walking 10,000 steps a day can help you lose weight, improve your mood, and increase your energy. So, get out there and start walking today!

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Newsletter Week 1

### Faithful Families Walking Challenge

CONGRATULATIONS ON FINISHING THE SECOND STEP TO IMPROVE YOUR HEALTH BY JOINING THE FAITHFUL FAMILIES WALKING CHALLENGE. WALKING IS A LOW IMPACT ACTIVITY THAT IS NOT ONLY GOOD FOR YOUR JOINTS, BUT CAN HELP TO LOWER BLOOD PRESSURE, IMPROVE SLEEP, AND INCREASE YOUR ABILITY TO LOSE WEIGHT. KEEP UP THE GOOD WORK BY WALKING STEPS TO BETTER HEALTH.

NEWSLETTER WEEK 2

**STEP OUT**  
 Now that you've started walking, it's time to take the next step. Here are some tips to help you take the next step:

- **Try different routes.** Walking on a new route can make it more interesting and help you stay motivated.
- **Try different times.** Walking at a different time of day can help you find a time that works for you.
- **Try different places.** Walking in a new place can make it more enjoyable and help you stay motivated.

**ENJOY THE NATURAL BEAUTY OF THE OUTDOORS**  
 Walking in the outdoors can be a great way to enjoy nature and improve your mood. Here are some tips to help you enjoy the outdoors while walking:

- **Choose a scenic route.** Walking on a scenic trail can make it more enjoyable.
- **Bring a picnic.** Having a picnic while walking can make it more enjoyable.
- **Bring a camera.** Taking pictures of nature while walking can help you appreciate it more.

**USE PUBLIC FACILITIES**  
 Many communities have public facilities that can help you walk safely and comfortably. Here are some tips to help you use public facilities:

- **Use public restrooms.** Public restrooms can help you stay hydrated while walking.
- **Use public water fountains.** Public water fountains can help you stay hydrated while walking.
- **Use public showers.** Public showers can help you stay clean while walking.

**DON'T LET BAD WEATHER SLOW YOU DOWN**  
 Bad weather can be a challenge, but there are ways to stay motivated and keep walking. Here are some tips to help you stay motivated:

- **Wear appropriate clothing.** Wearing appropriate clothing can help you stay comfortable in bad weather.
- **Use walking aids.** Walking aids can help you stay safe in bad weather.
- **Use walking aids.** Walking aids can help you stay safe in bad weather.

**TRAVEL THE WORLD WITH A VIRTUAL WALKING TRAIL**  
 If you can't walk outdoors, you can still enjoy the benefits of walking by using a virtual walking trail. Here are some tips to help you use a virtual walking trail:

- **Choose a virtual walking trail.** There are many virtual walking trails available online.
- **Use a pedometer.** A pedometer can help you track your steps and stay motivated.
- **Use a virtual walking trail app.** There are many virtual walking trail apps available.

**More Move Break**  
 Did you know? Walking 10,000 steps a day can help you lose weight, improve your mood, and increase your energy. So, get out there and start walking today!

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Newsletter Week 2

### Faithful Families Walking Challenge

CONGRATULATIONS ON FINISHING THE THIRD STEP TO IMPROVE YOUR HEALTH BY JOINING THE FAITHFUL FAMILIES WALKING CHALLENGE. WALKING IS A LOW IMPACT ACTIVITY THAT IS NOT ONLY GOOD FOR YOUR JOINTS, BUT CAN HELP TO LOWER BLOOD PRESSURE, IMPROVE SLEEP, AND INCREASE YOUR ABILITY TO LOSE WEIGHT. KEEP UP THE GOOD WORK BY WALKING STEPS TO BETTER HEALTH.

NEWSLETTER WEEK 3

**STEP IT UP**  
 Now that you've been walking for a few weeks, it's time to take the next step. Here are some tips to help you take the next step:

- **Try interval walking.** Interval walking can help you burn more calories and improve your fitness.
- **Try hill walking.** Walking on a hill can make it more challenging and help you burn more calories.
- **Try carrying a weighted bag.** Carrying a weighted bag can make it more challenging and help you burn more calories.

**BRISK WALK**  
 Brisk walking is a great way to improve your fitness and burn more calories. Here are some tips to help you walk briskly:


- **Choose a safe route.** Walking on a safe route can help you walk briskly.
- **Use a pedometer.** A pedometer can help you track your steps and stay motivated.
- **Use a timer.** A timer can help you stay on track while walking.

**POWER WALKS**  
 Power walking is a great way to improve your fitness and burn more calories. Here are some tips to help you power walk:

- **Choose a safe route.** Walking on a safe route can help you power walk.
- **Use a pedometer.** A pedometer can help you track your steps and stay motivated.
- **Use a timer.** A timer can help you stay on track while walking.

**More Move Break**  
 Did you know? Walking 10,000 steps a day can help you lose weight, improve your mood, and increase your energy. So, get out there and start walking today!

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Newsletter Week 3

### Faithful Families Walking Challenge

CONGRATULATIONS ON FINISHING THE FOURTH AND FINAL STEP TO IMPROVE YOUR HEALTH BY JOINING THE FAITHFUL FAMILIES WALKING CHALLENGE. WALKING IS A LOW IMPACT ACTIVITY THAT IS NOT ONLY GOOD FOR YOUR JOINTS, BUT CAN HELP TO LOWER BLOOD PRESSURE, IMPROVE SLEEP, AND INCREASE YOUR ABILITY TO LOSE WEIGHT. KEEP UP THE GOOD WORK BY WALKING STEPS TO BETTER HEALTH.


NEWSLETTER WEEK 4

**STAY MOTIVATED**  
 Staying motivated is key to staying on track with your walking. Here are some tips to help you stay motivated:

- **Set a goal.** Setting a goal can help you stay motivated.
- **Find a walking partner.** Walking with a friend can make it more fun and help you stay motivated.
- **Use a pedometer.** A pedometer can help you track your steps and stay motivated.

**More Move Break**  
 Did you know? Walking 10,000 steps a day can help you lose weight, improve your mood, and increase your energy. So, get out there and start walking today!

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Newsletter Week 4

Download these printable materials at FaithfulFamilies.com

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