



Faithful Families Virtual Walking Challenge

Way to go! During this last week, think of ways to keep up the good work even after the Walking Challenge is over by continuing to use the tips you have learned along the way.

NEWSLETTER WEEK 4

"Movement is the celebration of life."

—John Selland

For resources to create an environment that promotes physical activity, visit:

Move More Walking Map Guide
www.eatsmartmovemorenc.com/WalkingMapGuide/WalkingMapGuide.html

Move More Stairwell Guide
www.eatsmartmovemorenc.com/StairwellGuide/StairwellGuide.html

Shared Use by North Carolina Faith-based Organizations
www.eatsmartmovemorenc.com/FacilityUseAssessment/FacilityUseAssessment.html

Visit [CDC.gov](https://www.cdc.gov) for guidelines on how to stay safe and healthy while walking in public spaces.

Move More Break

Are others in your faith community committed to walking? Brainstorm ways that you can support walking throughout the year with your community of faith. Check out the resources at FaithfulFamilies.com or MoveMoreWalkNowNC.com to get some ideas. Celebrate your community's success!



STAY MOTIVATED

It's important to stay motivated as you continue to take steps to improve and maintain your health. Here are some tips and resources to keep you walking all year long.

- Set up walking groups, buddy systems, and other forms of social support for walking so you have multiple opportunities to walk each week.¹ Your faith community can be a great source of support.
- Develop a walking map or guide at your faith community. Consider mapping out routes around your faith community or finding out how many laps it would take to complete a mile in your faith community's parking lot.
- Create a walking path or trail at your faith-based organization.
- Make walking a routine activity by putting it on your calendar.
- Track your progress and celebrate your successes. Look at your Faithful Families Walking Challenge log and see how far you have come. Give yourself a pat on the back for a job well done!

POST COVID-19 PLANNING

As we re-think how to worship and gather together during and after this pandemic, here are some ideas to help your faith community expand walking for others. These options might not be available in your community for some time, but you can start planning together now to make changes later.

- Partner with a school or local community center to establish a shared use policy and promote walking programs. The resources below can help you to learn more about this work.
- Develop a stairwell policy to promote walking instead of elevator use in your community of faith. The resources to the left can help you to learn more about this work.
- Consider hosting a walking audit, to learn how walkable and bikable your community is. There are free resources at MoveMoreWalkNowNC.com to help you plan and carry out a walk audit.

Recommendations adapted from:

1. United States Department of Health & Human Services. The Surgeon General is Calling on Nonprofit Organizations to Step it Up! Accessed at [cdov/physicalactivity/walking/call-to-action/pdf/nonprofit-organizations](https://www.cdc.gov/physicalactivity/walking/call-to-action/pdf/nonprofit-organizations)

FAITHFUL FAMILIES Thriving Communities

