Spring into Health Walking Challenge!!! (call the challenge whatever you want)

**Did you know that the Whitehorse area alone has 560 km of walking trails?**

We are doing a walking challenge here at\_\_\_\_\_\_\_\_. The goal is to walk half of the entire Whitehorse trail system…280 kms (or whatever you chose, you can walk the Dalton Trail, the Yukon Quest Trail)! You have 8 weeks (or whatever time you choose) to complete the challenge.

That works out to about 5,000 steps or 5 km a day…not so bad when the recommendation is to walk 10,000 steps or 10 km a day.

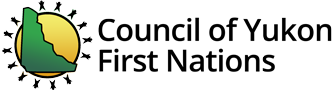
Interested in signing up????

There are weekly prizes and every person who signs up will get a pedometer and a personal tracking sheet.

At the end of every week, we will put your total number of km walked in a week on the tracking poster in the\_\_\_\_\_\_\_\_\_.



Sign up by talking to \_\_\_\_\_\_\_\_\_\_

The challenge will start \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 

Walking Challenge Instructions

1. Wear your pedometer all the time (except when you shower and sleep  ) At the end of every day, write down how many steps you took. You can log your daily steps here: <https://www.logyoursteps.ca> – you have to create an account, but it is FREE. Once you create your account, you can join the challenge. Click on ‘My Challenges’ then choose the ‘join a challenge for individuals’ The name of the challenge is:   (the coordinator would have to set this challenge up on the website). Another option is to join the on the right path challenge through the Recreational and Parks Association of Yukon ([www.ontherightpath.ca](http://www.ontherightpath.ca))
2. At the end of every week (SUNDAY), add up all of your steps and then email me on Monday morning to let me know what the total is and I will write it on the poster. The poster is up \_\_\_\_\_\_\_\_.
3. The goal is to walk HALF the distance of the Whitehorse trail system – 280 kms. <http://www.whitehorsewalks.com/_images/googleEarth/2015/loopTrailsBook.pdf>  - this has all the trails in Whitehorse, maps, distances etc. It is a great resource. (you can change this to what the goal of your challenge is)
4. That is it.

You can walk in groups, walk solo, jog, do stairs, even ride a bike. Whatever floats your boat. The point is to get moving and challenge yourself to be more active.  Exercise has so many benefits, especially when it is paired with a healthy diet too (free of refined sugar and processed food).