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| **Zion Summer Challenge 2024** |
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**Walk, Run, Bike**

**Become more physically active every day!**

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**Logbook**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What is the Zion 2024 Summer Challenge?**

Zion’s 2024 Summer Challenge will support you in increasing your daily physical activity level. You can accomplish this by walking, running, or biking. Use a simple device such as a pedometer, Fitbit, or app on your phone to track the approximate number of steps you take or miles you ride each day, for 10 weeks. Every step you take brings you one step closer to a healthy body and mind. Each day you’ll jot down your steps/miles on the enclosed calendar and then at the end of the month we will ask you to add up your steps/miles and then call or email them into Zion to report how many miles you walk over the month. (2000 steps is equal to a mile)

**Let’s Get Moving?**

**Why is the UCC participating in the Three Million Walking Challenge?**

The United Church of Christ joining First Lady Michelle Obama to reduce and/or eliminate childhood obesity and to call attention to the devastating affects of obesity in adults.  The United Church of Christ has boldly stepped up this challenge by asking all UCC churches to participate in this walking challenge throughout 2011.

**Why Walking?** *(Adapted from AARP’s Walking Program Guide)*
Research data shows that walking is the preferred type of activity. Walking briskly 30 minutes a day, five or more days a week, can reduce the risk of heart disease, diabetes, obesity, osteoporosis, arthritis and some cancers.  Walking:
- Promotes physical activity
- Boosts brain power
- Aids in long-lasting weight management
- Requires only a modest investment of time and money
- May lead to reduced insurance costs
- Creates an overall sense of well-being – mind, body and soul

**Our Goal**



**Our goal is to commit to walking, running, or biking for 30 minutes a day.**

**Challenge period**:  Walk for 10 weeks – July 21 to September 28, 2024.

**Challenge distance:** Walk round trip from our hometown of Shawano to Two Rivers, WI, which is where the ice cream sundae was invented.

**How do I begin**: Fill out the registration form on the last page and return it to the Zion office by July 21, 2024

Each week you will receive some fun facts about Wisconsin and some helpful tips for eating healthy tips.

There will be a 10-Week Celebration after the 10:30 am church service on September 29, 2024. This will include an ice cream sundae social. Walkers who participate in the program will be recognized at the social with a certificate of completion.

Participant Physical Activity Tracking Log

What do I do?

Record your physical activity every day in steps or miles. If you choose to use a pedometer, wear your pedometer all day every day to track your physical activity. Your pedometer records “steps” or major movements of your body.

* At the end of each day, record your physical activity (in steps or miles) on the tracking log calendar.
* At the end of the month submit your monthly totals to Nancy Schultz at the church office. Phone (715) 526-2017 or health@shawanozion.org. Please submit them no later than the 5th of the month.
* Get moving each day to reach your goal and advance along your round-trip path from Shawano to Two Rivers, Wisconsin which is 158 miles.

Meeting your goal

To meet your goals, you will need to complete your journey round trip from Shawano to Two Rivers, Wisconsin which is about 15 miles per week or 30,000 steps. Have fun with our summer challenge!

Step Conversion Guide

Some activities are difficult to measure using a

pedometer. Use this conversion guide to include

these activities in your pedometer readings.

Lap Swimming……………………172 steps per minute

Biking……………………………….148 steps per minute

Water Aerobics………………….116 steps per minute

Gardening………………………….73 steps per minute

Housecleaning……………………51 steps per minute

Stationary Bike…………………164 steps per minute

What if I don’t have a pedometer?

Here is how to convert your steps into miles:

Walking for 20 minutes is equal to about 2,000 steps

Walking for 30 minutes is equal to about 3000 steps

Walking for 1 hour is equal to about 6,000 steps

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| July, August, and September 2024  \*\*\*Remember to call in your monthly mile totals to Nancy Schultz at the church office at 715 526-2017 or email to health@shawanozion.org\*\*\*  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 21 |  22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31Call in your miles/steps | 1 | 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 Call in your steps/miles |  |
| 1 | 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 Call in your steps/miles |

Total for July =\_\_\_\_\_ Total for August =\_\_\_\_\_\_ Total for September =\_\_\_\_\_\_

***Zion’s Lutheran Church***

***Walk/Run/Bike to Wellness Summer Challenge***

**Please return this form to Zion Lutheran Church by July 21, 2024**

Program runs from July 21 – September 28, 2024

Goal: To walk at least 158 miles – round trip from Shawano to Two Rivers which is where the ice cream sundae was invented.

*Registration Form*

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_ Zip: \_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daytime Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am willing to receive texts on my phone: yes\_\_\_\_\_\_ no\_\_\_\_\_\_

In consideration of your accepting this registration, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Zion Lutheran Church and any of their representatives for any injuries suffered by me while participating in this program.

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Parent or Guardian if under 18)

*If you have any questions, please feel free to contact*

*Nancy Schultz, Health and Wellness Coordinator, Zion Lutheran Church.*