Kentucky Federation of Business and Professional Women’s Clubs, Inc.

2017-2018

Theme: “Get Stepping KFBPW”

The goal of this challenge is to walk as many steps from August 1, 2017 - May 15, 2018. This will be a club challenge and the winner will be decided based on the team’s average number of steps:

Example (a local has 10 walkers, will add all 10 tracking sheets and divide by 10 and give the average for team)

Each member will keep up with their steps and turn in totals to your local. Copies of your step sheet will be submitted to the Local President on October 1, 2017 and May 15, 2018 for submission to the State President for validation within the week.

The local that averages the most steps will be recognized at the Interim Board and State Conference.

You might asked the question, “What’s in it for me?”

1. Improve your health
2. Improve mobility
3. Help you to lose weight
4. Have time to walk with a friend or family member
5. The cardiovascular benefit of walking are biologically plausible; like other forms of regular moderate exercise, walking improves cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, vascular stiffness, and inflammation, and mental stress.
6. Long, peaceful walks calm you down, pace your thoughts, and clear your head

**Are you an exercise loner? Do you enjoy exercising Additional ways to get**

 **with others? active**

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| * Take your dog for a walk
* Walk to the store if it is

within reasonable distance.* Choose the stairs instead of the elevator.
* Park further away from the store entrance.
 | * Walk with a coworker

 at lunch.* Take a walk with family after dinner.
* Walk to a co-worker’s desk instead of calling him/her.
* Walk around the mall.
* Join club members for a group walk!
 | * Walk when you talk on the phone.
* Have walking meetings with coworkers.
* When watching TV, run in place during commercials.
* Start a walking club with your KFBPW members.
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One mile of walking equals about 2,000 steps depend on how fast you walk.

If you have any questions, contact Diane Croney-Turner – (270) 881-0265 or email: croney0803@gmail.com.

LET’S GET STEPPING KFBPW