

# Walk This Way Program



This program will begin February 29, 2016. It is a nine week program that will help you get active and moving as the weather begins to warm up for spring. All participants will need to report weekly mileage to the [cinwellnesswarriors@yahoo.com](mailto:cinwellnesswarriors@yahoo.com) email each Monday beginning March 7, 2016. We have created a chart to help show the distance you have "traveled". With a starting location at the Catawba Longhouse and 182 miles to the Cherokee Casino, let's see which landmark along the way you make it to?

Most smartphones have apps to assist in tracking miles walked each day. If you need a pedometer to help you keep track let us know. **Please fill out our registration form and join us in our Walk this Way program. See back side of this flyer for registration information.**

Along the way we will send a few encouraging emails to you and keep you updated on the progress of the group. Listed below is some information to help you get started.

## Key Points

- Stretch before and after walking
- Watch posture "walk tall"
- Keep a steady pace
- Drink plenty of water
- Try to walk daily

\*One way to begin your walking program is to be more active throughout your day. Using a pedometer to track steps can be a great motivational tool. A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day.

\*To improve cardiovascular fitness you should walk 3 to 4 days a week, 20 to 30 minutes at a very fast pace. At this pace you are breathing harder but not gasping for air. Warm up and cool down in addition to the time spent at the faster pace.

\*If you are walking for weight loss you will probably need to walk a minimum of 45 to 60 minutes five days a week at a moderate to brisk pace. Walking faster will burn more calories in the same amount of time. However, do increase both mileage and pace slowly to prevent injury.

Being a participant will also help prepare you to join us in the first ever Catawba 5K. Walkers that have reported each Monday a distance of 4 or more miles each week will receive an opportunity to register for the River Run 5K for free. The race fee is normally \$25, however is waived for all Walk This Way participants wishing to enjoy the 5K(that qualify with required weekly mileage report of 4+ miles). If you would like to purchase a Catawba River Race 5K T-shirt, payment and shirt size must be paid at Catawba Indian Nation Longhouse by April 11<sup>th</sup> 5:00pm.