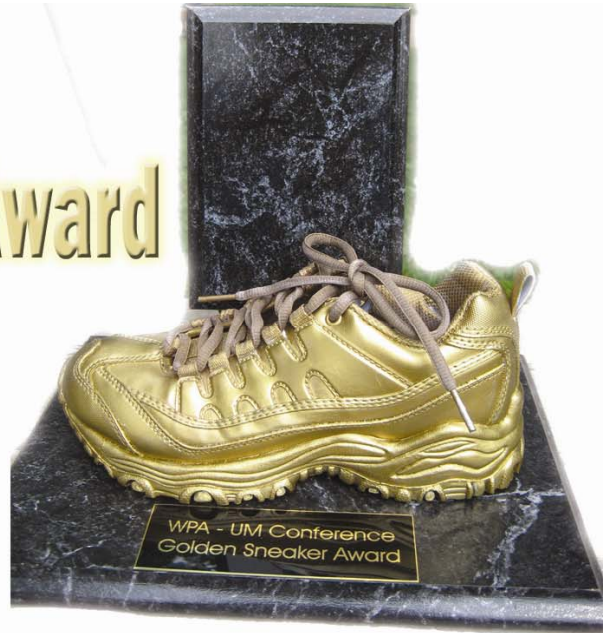


# Help Your District Win the 2011 Golden Sneaker Award

## ***Get Moving!***

Feel Better,  
Stimulate Your Brain,  
Build Community



**Discover Pathways to WHoly Living!** Participate in any of the following programs, or another walking/exercise plan of your choice, and help your United Methodist district earn points toward the 2011 Golden Sneaker Award.

Can't walk? Twenty minutes of moderate physical activity are equivalent to 1 mile. Each church will record miles accumulated by members with the district office no later than one week after a program ends. For details on the Golden Sneaker Award or to download fliers and resources, go to [www.wpaumc.org/health](http://www.wpaumc.org/health) and click on **Golden Sneaker Award** on the right side. For further information, contact Barb Lewis at [healthteam@wpaumc.org](mailto:healthteam@wpaumc.org) or 814-838-1104.

Walking is valuable at any time, but miles walked toward the Golden Sneaker Award only count at these times:

1. **Walk to Zimbabwe** (50 days), July 11 - Aug. 29, 2010 or any 50-day period, July 11 - Sept. 4, 2010, Free  
**OR Get My People Going** (8 weeks) July 11 - Sept. 4, 2010, \$35
2. **Walk to Bethlehem** (12 weeks), Sept 26 - Dec. 18, 2010, \$35  
**OR Wholistic Holiday Wellness** (8 weeks), Nov. 14, 2010 - Jan. 8, 2011, Free
3. **Challenge Yourself- Change the World** (12 weeks), Jan. 30 - April 23, 2011, \$35  
**OR Walk to Jerusalem** (12 weeks), Jan. 30 - April 23, 2011, \$35

