

Golden Sneaker Award

PURPOSE: To promote healthy congregations, clergy and clergy families of the Western PA United Methodist Conference. "The Power of exercise, both to preserve and restore health, is greater than can well be conceived..."

John Wesley, Primitive Physic 1798

WHY: Research tells us that doing so can prevent and reduce the risk of many diseases. "Health lasts a Lifetime. By honoring our stewardship responsibility to this wonderful, God-given creation that we are and by protecting our body, mind and spirit, we renew the gift of life. Our health is our connection...our connection is our Church...our Church is to make disciples of Jesus Christ for the transformation of the world." Center for Health - General Board of Pensions and Health Benefits.

GOAL: To get everyone in our congregations up and moving to meet the recommended 30 (60 for children) minutes of moderate physical activity at least five days/week. Those who enjoy physical activity and have integrated it into their daily schedules are challenged to mentor someone who is not physically active as a great way to "Love your neighbor as yourself".

WHEN: July 1 through May 31

WHO: Individuals participating in any physical activity (20 minutes of physical activity = 1 mile) program/event which is promoted and coordinated by their congregation (ex: Crop Walks, Walk to Jerusalem, or any program you create that is holistic -- includes physical activity and a spiritual component).

How: A list of various wholistic walking/physical activity programs as well as Miles Report Form can be found through the Health As Wholeness pages at wpaumc.org/health. Click on Golden Sneaker Walking Programs Information on the bottom right of the page. Or you can create your own. Program Coordinator sends congregations total miles for each program no later than one week after the program ends to healthteam@wpaumc.org.



For questions or more information contact us at healthteam@wpaumc.org

2011 Golden Sneaker Award Participating Congregations

***Districts listed in descending order
of "miles walked"***

1. Kane District

**Addison
Evangelical (Youngsville)
Evans Memorial
First, Kane
First, Warren**

2. Erie-Meadville District

**Brown Hill
Centerville/Riceville
Cochranton
Christ, Erie
Harmonsburg
Linesville/Harmonsburg Charge
West Springfield/Cranesville
White Oak**

3. Johnstown District

**Ebensburg
Scalp Level Trinity**

4. Indiana District

Grace

5. Pittsburgh District

**Dutilh
Faith (Pittsburgh)**

6. Washington District

**Beallsville
First, Canonsburg
Liberty**

7. Franklin District

Oakland, Oil City

8. Butler District

**Bairdford
Wesley, New Castle**

9. Connellsville District

**Milford
Grace, Somerset**

10. Greensburg District

**Center Avenue, Pitcairn
McMasters
Oakmont**