

# ***Walk to Bethlehem/Jerusalem***

## ***What is Walk to Bethlehem/Jerusalem***

***The Walk to Bethlehem/Jerusalem*** is a 12 week walking program developed by St. John Health parish nursing. It is **designed to increase the physical, spiritual and emotional health of participants** by using the popular idea of multitasking. Participants exercise the physical body by walking, exercise the spiritual body by praying and exercise the mind by learning about countries and cultures. This “imaginary” trip to Bethlehem/Jerusalem is accomplished by individuals within the church or organization logging their own walking miles each week. For those who don’t like to walk, any 20 minutes of physical activity equals 1 mile.



***The Walk to Jerusalem*** usually begins in January with the goal of accumulating enough miles to reach Jerusalem by Easter.

The fall version of this walk is ***The Walk to Bethlehem***. This begins in September with the intent of reaching Bethlehem for the Christmas celebrations.

There is information on how to bring the program to various age groups and settings. Country and culture highlights are also included.





To order call: 1-888-440-7325

Cost: \$35

Materials include a book and CD with reproducible materials such as: sample prayer cards, weekly devotions, how to promote, sign up sheets, overview of cultural diversity and more. To view materials go to: [www.stjohn.org/walktoJerusalem](http://www.stjohn.org/walktoJerusalem).

Additional tools: Passport to Good Health & Walk & Pray Booklet are entirely optional & not needed for a successful program.

To calculate the number of miles from you to Bethlehem or Jerusalem go to [www.indo.com](http://www.indo.com) click on *Tools* and then *Distance Calculator*.

Churches: Turn the total miles walked by your congregation in to your District Office no later than 1 week after the program is completed. (See Report Form). Please encourage your pastor to participate along with you. Be sure to record the Pastor's miles on the report form for clergy physical activity credit.

