

## Walking Challenge Update August 2005

The Walking Challenge which is part of the diabetes prevention initiative program "Pathway to a Healthier Lifestyle" is well under way to becoming a huge success. To date we have over three hundred people registered for the program and we have passed our first reporting date. The program is designed to help our members to become active and help them keep track how much physical activity they are actually doing. Being able to keep track of how much physical activity we are actually doing is very important to staying with any type of fitness program.

For the first reporting dates we have two people who were awarded prizes for their excellent work with the program. One is Randy Hunt from Port au Port, he came in first in our under 16 division; and the second is Laverna Galvine, from Grand Falls, who came in first in our adult division. Both were awarded prizes in the amount of \$100.00. We are very proud of both Randy and Laverna and we wish them luck on the next step in this program.

We would like to take this opportunity to congratulate all who participated in this challenge we are very proud and pleased at the excellent progress you have made. Many of you have walked the length of the island and are on your return trip which is great. Please continue to take part in this challenge and encourage others to walk toward good health.

Stay tuned for more information on the program as we continue this walking challenge. Remember the next reporting date is anytime between September 1 and September 15<sup>th</sup>. You can call, email or mail in your total kms walked for July and August and remember **KEEP UP THE GOOD WORK!!!**

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