

Registration for the
TREK ACROSS THE ISLAND
Walking Challenge

Name: _____

Full Mailing address: _____

Phone: _____

Email: _____

Indian Band: _____

Goal:

The goal of this program is to help prevent or at least delay Type 2 Diabetes and we know that physical activity will greatly improve your health and will go a long way in preventing or delaying Type 2 Diabetes.

We would like to challenge our members to become more active by walking the distance from Port au Basque to St. John's { **902 km one way; by adding up every 10 minutes of physical activity. See attached letter for a further explanation**} and complete this trek between May 1, 2005 and March 1, 2006 (10 months to finish the trek).

Please send in your completed registration form to the diabetes coordinator and she will send you a journal to keep track of your physical activity, once you start you can be eligible to win prizes for your participation so keeping up with the program is up to you. You can send in the completed registration to:

Shelley Garnier
P.O. Box 294
St. George's, NL
A0N 1Z0

Tel: 709-647-3009
Toll Free: 1-866-647-3009
Fax: 1-709-647-3509
Email: shelly@fni.nf.ca

**IT'S UP TO YOU COME OUT AND JOIN THE FUN!
SEE HOW FAR YOU CAN WALK!!!!
HURRY UP AND GET STARTED REGISTER TODAY!!!!**