

# Walk to Improve Your Health



## Summer Steppin'

*You shall walk  
in all the ways  
which the Lord  
your God  
has commanded  
you...*

*-Deuteronomy 5:33*



## A MESSAGE FROM CHAMPS

“Summer Steppin’” is an invitation and an opportunity to increase your physical activity. Summer brings warmer temperatures, a break from the usual routines, and the opportunity to spend time with loved ones. “Summer Steppin’” encourages you to invite someone to join you as you increase your steps.

We all know that being physically active has multiple benefits. Inviting a partner to walk with you brings the added benefit of good conversation. Get a step up on fitness with “Summer Steppin’”. Stepping up your fitness and energy level is literally as simple as putting one foot in front of the other. A walking program—especially one where you work with another person or a group—can help you reach your fitness goals.

Take care of the gifts God has given you—yourself, your time and your possessions. Live well by increasing your physical activity, decreasing caloric intake and living prayerfully.

CHAMPS—Center for Healthy Aging Ministry, Programs and Services  
13271 Millard Ave  
Omaha, NE 68137  
(402) 895-2224



As with all programs check with your physician prior to starting any new program where you may change your activity level. Start slowly and increase your activity as you become comfortable with your level of fitness.

## GET STEPPIN' THIS SUMMER!

Get steppin' this summer with the 'Summer Steppin' walking program. To participate:

1. Determine your current level of walking (any increase in walking is beneficial). Start slowly and increase the steps per day based on your individual level of ability.
2. Create a plan to increase your steps (a goal of 1,000 to 2,000 steps per day may be a reasonable goal for some.)
3. Choose a six-week period from in which to increase and monitor your activity.
4. Invite a friend, colleague, spouse, child, neighbor or member of your congregation and complete the covenant included in this packet.
5. Walk! Reflect upon the daily scripture included in the calendar.
6. Chart your progress on the activity log included in this packet.
7. Celebrate each day's progress!
8. Keep moving!

### Plan For Success

#### **Get Support**

Make a covenant with a partner who can regularly check in to assist you in achieving your goal of increasing your physical activity.

#### **Covenant**

Complete the walking covenant sheet, included in this packet and return to designated person.

#### **Summer Steppin' Weekly Report**

Complete 'summer steppin' weekly report cards, included in this packet, and return to designated person.

## **Step One: First Things First**

### **Tracking Your Steps with a Pedometer**

Using a pedometer is critical to the program and can be obtained through local sports stores and retailers

To use a pedometer we need to know the length of our steps. When tracking the distance a person moves each day for health or weight loss, it is best to count steps. The information below will help you measure your strides and count your steps.

### **Measure Your Stride**

**For an accurate stride measurement you should measure at least 10 steps. Do this by completing these 4 easy tasks:**

1. Mark a starting spot on the floor.
2. Place the **heel** of one foot against the mark and take 10 of your **regular strides**.
3. Use a coin and place it behind the heel of the foot that took the 10th step.
4. Measure the distance in inches between the starting spot and the coin. Then divide the number of inches by 10. This is your step length.

***The chart on page 3 shows the number of steps it takes, based on step length, to walk one mile.***

### **Setting Your Pedometer**

1. Ask the Walking Program Coordinator to set it for you OR
2. Ask your kids or grandkids to set it OR
3. Read the instruction manual provided with your pedometer.

The goal of taking 10,000 steps in a day is a rough equivalent to the Surgeon General's recommendation to accumulate 30 minutes of activity most days of the week. It should be enough to reduce your risk for disease and help you lead a longer, healthier life. Take a comfortable, gradual approach — the **Summer Steppin' Program**.

## Step Two: Let's Get Steppin'

### Week 1:

The first week, don't change your life at all; just use your pedometer to determine your average daily step total.

### Week 2-6:

For the weeks that follow try to boost that average by 20% each week. Be sure to fill in the simple log—it's critical to helping you learn what adds steps to your day and what doesn't.

**CELEBRATE EACH DAY'S PROGRESS AND KEEP MOVING!**

Step Length in inches	Number of Steps in One Mile
15	4,224
16	3,960
17	3,727
18	3,520
19	3,335
20	3,168
21	3,017
22	2,880
23	2,755
24	2,640
25	2,534
26	2,437
27	2,347
28	2,263
29	2,185
30	2,112
31	2,044
32	1,980
33	1,920
34	1,864
35	1,810
36	1,760

*You shall walk  
in all the ways  
which the Lord  
your God  
has commanded you,  
that you may live  
and  
that it may be well  
with you,  
and that you may  
prolong your days  
in the land  
which you  
shall possess.*

*-Deuteronomy 5:33*

## The Benefits of Walking

The benefits of walking encompass each aspect of the Wholeness Wheel. The Wholeness Wheel reflects our call to care for our whole self. By balancing the inter-connected dimensions of well-being, we are able to live well in Christ and pass on our faith.

### **Social / interpersonal well-being**

- Walking and talking with a friend can help nurture your relationship.

### **Emotional well-being**

- Going for a brisk walk is a great way to reduce stress.
- Regular walking can improve your mood and reduce feelings of depression and anxiety.

### **Physical well-being**

- Hundreds of calorie-burning muscles are utilized by walking.
- Walking helps lower LDL cholesterol (the “bad” cholesterol), raise HDL cholesterol (the “good” cholesterol) and reduce high blood pressure.
- Walking can help activate your immune system. People who exercise regularly are less susceptible to minor viral illnesses (i.e., colds and flu).
- As you get older, walking for physical fitness can prevent falls and help you stay mobile.

### **Vocational well-being**

- Walking can be used as a time of reflection. “Where is God calling me?”

### **Intellectual well-being**

- Walking can energize and stimulate your mind. It can also provide an opportunity to rest your mind.

### **Spiritual well-being**

- Reciting a scripture or mantra when walking can help you grow in your spiritual relationship with God.
- Walking in nature can help you feel one with God’s creation.



## **For Your Information**

### **Some tips for increasing steps**

Do you have a particular day of the week that has a low number of steps?

Try these tips:

- Give up 30 minutes of television and go for a walk.
- Park at the outer edges of parking lots instead of as close as possible to stores.
- Get up and walk during television commercials (Every hour of television includes 17 minutes of commercials).
- Pace while you have phone conversation. In a five-minute conversation, you can add about 100 steps. (And, we all think better on our feet!)
- Take stairs instead of elevators or escalators
- Walk and talk with friends and family instead of sitting and talking.
- Use part of every break or lunch time to add a few steps to your day.

### **Just for Thought**

You can spend a fortune on equipment with the best intention to “use it every day.” Unfortunately, a lot of home exercise equipment turns into expensive clothing racks or dust collectors. If you are really serious about sticking with an activity for the rest of your life... you just might want to take up one of the oldest, yet reliable, forms of activity—WALKING!

### **Facts**

- More than 60 percent of U.S. adults do not engage in the recommended amount of activity
- Approximately 25 percent of U.S. adults are not active at all.
- Physical inactivity is more common among:
  - Women than men
  - African-American and Hispanic adults than Caucasians
  - Older than younger adults
  - Less affluent than more affluent people
- Social support from family and friends has been consistently and positively related to regular physical activity.

### **LIVE A BALANCED LIFE**

Life balance is vital as we seek to be good stewards of our body, mind and spirit. Aligning rest, quiet and faith with work and family, as well as balancing the amount and types of food we eat, and ,we are challenged daily to find balance in our lives.

We are called to live as a new creation in Christ from the waters of our baptism, to a life centered in Christ, prayer and knowing who we are and whose we are. Pray for God's guidance as you seek to find Christ at the center of all that you do, seeking to live a balanced life, living as a whole people of God.



**champs**

Center for Healthy Aging Ministry, Programs and  
Services

13271 Millard Ave  
Omaha, NE 68137  
(402) 895-2224

*Champs is funded by a grant from  
the Alegant Health Community Benefit Trust*

*Summer Steppin' was created by Northwestern Pennsylvania Synod Staff and the ELCA Board of Pensions  
and adapted for use by CHAMPS.*

# SUMMER STEPPIN' COVENANT



Date \_\_\_\_\_

My Goal is to improve my health in six weeks.

I will start on \_\_\_\_\_  
(Designated time period)

I will share this with my partner \_\_\_\_\_

On this date \_\_\_\_\_

I will turn in weekly walking step totals.

Signature \_\_\_\_\_

*My accountability partner and I agree to pray for each other, encourage and regularly check in to be mutually supportive on our wellness journey.*

## ACTIVITY LOG

As you begin, scheduling and logging your activity is a good incentive. Keep track of your daily steps, time or distance by recording it in the activity log below. The log allows you to see the daily progress you are making on your journey toward an improved level of wellness.

Remember your goal. On your roadmap to wellness, increase your physical activity and live prayerfully.

	Sunday	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Total							

*You shall walk in all the ways which the Lord your God has commanded you, that you may live and that it may be well with you, and that you may prolong your days in the land which you shall possess.*

*-Deuteronomy 5:33*

## Summer Steppin' Weekly Report

Week beginning \_\_\_\_\_  
(month/day)

Name \_\_\_\_\_

I walked \_\_\_\_\_ steps

(Optional)  
About \_\_\_\_\_ miles

Please place this completed card to the designated person.

## Summer Steppin' Weekly Report

Week beginning \_\_\_\_\_  
(month/day)

Name \_\_\_\_\_

I walked \_\_\_\_\_ steps.

(Optional)  
About \_\_\_\_\_ miles

Please place this completed card to the designated person.

## Summer Steppin' Weekly Report

Week beginning \_\_\_\_\_  
(month/day)

Name \_\_\_\_\_

I walked \_\_\_\_\_ steps

(Optional)  
About \_\_\_\_\_ miles

Please place this completed card to the designated person.

## Summer Steppin' Weekly Report

Week beginning \_\_\_\_\_  
(month/day)

Name \_\_\_\_\_

I walked \_\_\_\_\_ steps.

(Optional)  
About \_\_\_\_\_ miles

Please place this completed card to the designated person.

## Summer Steppin' Weekly Report

Week beginning \_\_\_\_\_  
(month/day)

Name \_\_\_\_\_

I walked \_\_\_\_\_ steps

(Optional)  
About \_\_\_\_\_ miles

Please place this completed card to the designated person.

## Summer Steppin' Weekly Report

Week beginning \_\_\_\_\_  
(month/day)

Name \_\_\_\_\_

I walked \_\_\_\_\_ steps.

(Optional)  
About \_\_\_\_\_ miles

Please place this completed card to the designated person.

# SUMMER STEPPIN' CALENDAR



(402) 895-2224

# (Month & Year)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1 1 Corinthians 15:42b-49</b>  <i>Listen, reflect</i>	<b>2 1 Corinthians 15:50-57</b>  <i>Read a chapter in a book</i>	<b>3 Psalm 33:12-22</b>  <i>Rise early and watch the sunrise</i>
<b>4 Acts 2:1-21</b>  <i>Refrain from e-mail</i>	<b>5 Joel 2:18-29</b>  <i>Invite a friend to dinner</i>	<b>6 Genesis 11:1-9</b>  <i>Have a walk and talk meeting</i>	<b>7 John 20:19-23</b>  <i>Give a gift</i>	<b>8 Romans 8:1-8</b>  <i>Laugh</i>	<b>9 Romans 8:9-11</b>  <i>Hum while you walk</i>	<b>10 Psalm 29</b>  <i>Sleep in</i>
<b>11 John 3:1-17</b>  <i>Give a hug</i>	<b>12 Numbers 9:15-23</b>  <i>Nurture your garden</i>	<b>13 Exodus 25:1-22</b>  <i>Spend time with a child</i>	<b>14 Mark 4:21-25</b>  <i>Send a card</i>	<b>15 Hebrews 2:5-9</b>  <i>Try a walk by starlight</i>	<b>16 Hebrews 11:4-7</b>  <i>Watch the sunset</i>	<b>17 Psalm 92:1-4, 12-15</b>  <i>Enjoy some quiet time</i>
<b>18 Mark 4:26-334</b>  <i>Send flowers</i>	<b>19 Ezekiel 31:1-12</b>  <i>Pray for peace</i>	<b>20 Jeremiah 21:11-14</b>  <i>Drink plenty of water</i>	<b>21 Luke 6:43-45</b>  <i>Be silly</i>	<b>22 Acts 20:1-16</b>  <i>Plant</i>	<b>23 Acts 21:1-16</b>  <i>Visit an elder</i>	<b>24 Psalm 107:1-3, 23-32</b>  <i>Eat extra fruit</i>
<b>25 Mark 4:35-41</b>  <i>Pray for healing</i>	<b>26 Exodus 7:14-24</b>  <i>Breathe deeply</i>	<b>27 Exodus 9:13-35</b>  <i>Call a friend</i>	<b>28 Mark 6:45-52</b>  <i>Wash your car</i>	<b>29 2 Corinthians 7:2-16</b>  <i>Get a massage</i>	<b>30 2 Corinthians 8:1-7</b>  <i>Try a vegetarian meal</i>	

# SUMMER STEPPIN' CALENDAR



(402) 895-2224

# (Month & Year)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1 Psalm 30</b>  <i>Soak in the tub</i>
<b>2 Mark 5:21-43</b>  <i>Pick strawberries</i>	<b>3 Leviticus 21:1-15</b> <i>Pray for the children of Iraq</i>	<b>4 Leviticus 15:19-31</b> <i>Make your favorite salad</i>	<b>5 Mark 9:14-29</b>  <i>Treat yourself</i>	<b>6 1 Corinthians 4:8-13</b> <i>Go to bed early</i>	<b>7 2 Corinthians 10:7-11</b> <i>Receive a massage</i>	<b>8 Psalm 123</b>  <i>Watch a funny movie</i>
<b>9 Mark 6:1-13</b>  <i>Worship</i>	<b>10 Ezekiel 2:8-3:11</b> <i>Pray for the health of church leaders</i>	<b>11 Jeremiah 16:1-13</b> <i>Laugh</i>	<b>12 John 7:1-9</b>  <i>Walk with a friend</i>	<b>13 Colossians 2:1-5</b> <i>Eat your veggies</i>	<b>14 Colossians 4:2-18</b> <i>Pray for peace</i>	<b>15 Psalm 85:8-13</b>  <i>Weed your garden</i>
<b>16 Mark 6:14-29</b>  <i>Unplug your TV, phone, computer</i>	<b>17 Amos 15:1-9</b> <i>Spend time with a child</i>	<b>18 Amos 9:1-4</b> <i>Surprise a family member</i>	<b>19 Luke 7:31-35</b>  <i>Run through the sprinkler</i>	<b>20 Colossians 1:15-23</b> <i>Pray for your community</i>	<b>21 Acts 17:16-31</b> <i>Mow the lawn</i>	<b>22 Psalm 23</b>  <i>Give thanks</i>
<b>23 Mark 6:30-34, 53-56</b> <i>Rest</i>	<b>24 Jeremiah 50:1-7</b> <i>Smile</i>	<b>25 Zechariah 9:14-10:2</b> <i>Walk by moonlight</i>	<b>26 Luke 15:1-7</b>  <i>Laugh at yourself</i>	<b>27 Colossians 1:9-14</b> <i>Talk to a friend</i>	<b>28 Colossians 3:12-17</b> <i>Be generous toward someone</i>	<b>29 Psalm 145:10-18</b> <i>Listen to the sounds of nature</i>
<b>30 John 6:1-21</b>  <i>Play</i>	<b>31 Genesis 18:1-15</b> <i>Sing</i>					

# SUMMER STEPPIN' CALENDAR



(402) 895-2224

# (Month & Year)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1 Exodus 24:1-11</b>  <i>Listen to a friend</i>	<b>2 Mark 6:35-44</b>  <i>Eat a healthy breakfast</i>	<b>3 1 Corinthians 11:17-22</b>  <i>Smile at someone you don't know</i>	<b>4 1 Corinthians 11:27-34</b>  <i>Pray for our troops</i>	<b>5 Psalm 78:23-29</b>  <i>Spend time with your family</i>
<b>6 John 6:24-35</b>  <i>Just be</i>	<b>7 Numbers 11:16-23, 31-32</b>  <i>Wear your sunscreen</i>	<b>8 Deuteronomy 8:1-20</b>  <i>Make your favorite chicken recipe</i>	<b>9 Mark 8:1-10</b>  <i>Drink juice</i>	<b>10 Romans 15:1-6</b>  <i>Pray for your bishop</i>	<b>11 Galatians 6:1-10</b>  <i>Receive a hand massage</i>	<b>12 Psalm 34:1-8</b>  <i>Get some extra sleep</i>
<b>13 John 6:35, 41-51</b>  <i>Relax</i>	<b>14 1 Kings 17:1-16</b>  <i>Pray for a friend</i>	<b>15 Ruth 2:1-23</b>  <i>Pick a flower</i>	<b>16 John 6:35-40</b>  <i>Walk to the store</i>	<b>17 Acts 6:8-15</b>  <i>Pray for our church</i>	<b>18 Romans 16:17-20</b>  <i>Enjoy nature</i>	<b>19 Psalm 34:9-14</b>  <i>Take a nap</i>
<b>20 John 6:51-58</b>  <i>Celebrate!</i>	<b>21 Genesis 43:1-15</b>  <i>Eat an apple</i>	<b>22 Genesis 45:1-15</b>  <i>Dance</i>	<b>23 Mark 8:14-21</b>  <i>Take the stairs</i>	<b>24 1 Thessalonians 5:1-11</b>  <i>Tell a joke</i>	<b>25 Romans 13:11-14</b>  <i>Pack a picnic lunch</i>	<b>26 Psalm 34:15-22</b>  <i>Pray for those who do not know Christ</i>
<b>27 John 6:56-59</b>  <i>Do something that makes you happy</i>	<b>28 Nehemiah 9:1-15</b>  <i>Listen to beautiful music</i>	<b>29 Nehemiah 9:16-31</b>  <i>Receive a hug</i>	<b>30 John 15:16-25</b>  <i>Love someone</i>	<b>31 James 1:1-18</b>  <i>Forgive</i>		