



SRFN Mocc Walk 2018

**Calling out to ALL community members:
Take the SRFN Mocc Walk Challenge!**



June 1st – July 31st, 2018

Get active, Get fit, and Have Fun

Registration due by Thursday, May 31st

*For further information or for a participant registration form please call
Amanda Cook at the Kenabutch Health Centre 705-844-2152.



SRFN Mocc Walk 2018

Registration Form

Participant Type:

Individual

Team

Team Name: _____

Participant #1

Name: _____

Gender: Male Female

Phone: _____

Email: _____

Age: 0-9 10-17 18-25 26-35 36-45 46-55 56-65 66+

Participant #2

Name: _____

Gender: Male Female

Phone: _____

Email: _____

Age: 0-9 10-17 18-25 26-35 36-45 46-55 56-65 66+

Participant #3

Name: _____

Gender: Male Female

Phone: _____

Email: _____

Age: 0-9 10-17 18-25 26-35 36-45 46-55 56-65 66+

Participant #4

Name: _____

Gender: Male Female

Phone: _____

Email: _____

Age: 0-9 10-17 18-25 26-35 36-45 46-55 56-65 66+

Email, fax, or hand deliver the completed form to:

Amanda Cook at the Kenabutch Health Centre.

Email: acook.srfn@ontera.net

Fax: 705-844-2414

Deadline for registration is May 31st, 2018.



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What is the Mocc Walk?

The mocc walk is a walking challenge to increase awareness on the benefits of living an active lifestyle. Chronic disease may be prevented or managed by “walking” a balanced life; eating a healthy diet; living an active lifestyle; and having a positive attitude. Whether walking as an individual or as a team, participants are encouraged to walk and record the number of minutes spent walking each day. **For every 10 minutes spent walking, 1 point is awarded.** Use Nordic Walking Poles to increase the benefits of walking (poles may be rented) Points are tallied and submitted for the chance to be recognized as an “active, fit, and fun” individual as well as win some great prizes!!

Who can participate in the Mocc Walk?

- The moccasin walk is open to ALL elder, women, men, youth, and children in our community.
- Participants can enter as individuals or as teams up to four.
- Note: Points will be tallied individually. Teams are for fun and to get individuals out walking together; to encourage and motivate one another!

How long is the Mocc Walk?

- Participants have two months (June 1st-July 31st), to track their results and gain as many points as possible.
- Work toward the closing finale 6Km Walk to Stalk Water on July 25th @ 4:30pm followed by a BBQ.

What do participants have to do for the Moccasin Walk?

- Complete the registration form and submit to Amanda Cook at the Kenabutch Health Centre no later than **May 31st**.
- Pick up your tracking calendar's and sign out a loaner set of Nordic Poles if desired(**\$20.00 deposit required**).
- Start walking and record walking minutes on the calendars provided for June and July.
- Tally points (10minutes of walking = 1 point) and hand in monthly
- A tracking board will be posted at the Health Centre to monitor progress for each participant. Participants will be contacted via email or phone.
- Participants are also encouraged to submit photos and stories about their walking experiences.
- Final tracking results need to be submitted no later than **August 1st, 2018**.
- Participants will have the opportunity to attend additional programs to **gain extra points**. Fitness classes, cooking sessions, group walks. Dates will be posted on participant calendars.



Get active, Get fit, and Have Fun

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SRFN Mocc Walk 2018

New to This Year's Program...

Moccasin Making Workshop



Only Open to Moccasin Walk Participants

When? 5 week program starting June 12th
Every Tuesday Evening

Time? 4:30pm- Walk outdoors
5:00-7:00pm- Moccasin Making &
Information Sharing

Where? Health Centre Board Room
Light dinner provided

*To register or for more information please call Amanda Cook at the Kenabutch Health Centre 705-844-2152.