

## FEDERATED WOMEN'S INSTITUTES OF CANADA

### COAST TO COAST: WI ~ ALIVE AND WELL!

#### CHALLENGE TO WI MEMBERS TO "WALK ACROSS CANADA WITH US"

From January 1<sup>st</sup>, 2011 - December 31<sup>st</sup>, 2011, FWIC's **Walk Across Canada With Us** happens!  
**"Walk Across Canada Competition"**

**Record your steps** and send them along to the Executive Officer in your province. **The person who walks the most steps will receive free registration to the Convention in Sidney, BC in June 2012 and will be honoured at the Red Dress Gala with a Certificate of Recognition.**

#### **Benefits of Walking**

In addition to getting fit, you will reap the benefits of a healthy lifestyle. Your chance of Heart Disease is lowered because reducing cholesterol will reduce your heart workload. Stress will be eliminated, blood pressure lowered, bone loss prevented and your quality of life will improve.

Walk every day, even in small amounts. It all adds up, and eventually you will reach your goal! Wear your **FWIC pedometer** and record the number of steps taken each day on your **WI record sheet**, which should be sent to your **Executive Officer monthly**. Set a daily goal and aim to increase your activity.

#### **How to Use and Wear Your Pedometer**

It is suggested that you clip your pedometer to your waist band or belt, directly above your knee, on the side of the hand you write with. You can also wear it in front of your hipbone, in line with your kneecap. **To use your FWIC pedometer**, remove the tab, put it on your waistband and you are ready to go. If it goes in sleep mode, just touch the orange button gently and it will display your steps taken and will continue to record until the pedometer is reset.. To reset the pedometer each day, just push down on the orange button firmly, until it displays "0." Instructions how to change the battery are in your pedometer box.

#### **Is Your Pedometer Accurate?**

Here is a test from the Alberta Health Services to see if your pedometer is accurately recording your steps: Make sure the pedometer is at zero, and without looking at the pedometer display, walk twenty (20) steps. Check the pedometer reading (should be between 18-22). If necessary, readjust the pedometer on your waist band and wear it in the spot where you get the most accurate results.

**The toughest thing about a fitness programme is beginning it! Have fun and good luck!**

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