

SIGN ME UP

TEAM MEMBER INFORMATION

Name: _____

Address: _____

Postal Code: _____

Email: _____

Phone: _____

Male Female

Age Category:

50-59 60-69 70-79

80-89 90-99 100+

Please return this section to your Team Captain

No team? No problem.
JOIN THE SCOA TEAM
(call 306-652-0027)

Beth Hills
Project Coordinator
SCOA Globe Walk

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6th Annual
SCOA Globe Walk



EXPLORE
CANADA'S NATIONAL PARKS



Be part of our fitness adventure!

GLOBE WALK 2019

Globe Walkers will log enough kilometres to cross Canada from coast to coast to coast via our National Park system.

Remember...all physical activity can be counted.



SCOA Globe Walk

Make your activity count !

Challenge yourself and others who are 50+ to participate in a fun winter physical activity routine.

Stroll or Roll, Hike or Bike, Swim or Gym

All physical activity counts toward a new Globe Walk goal for 2019.



We'll begin **January 2019** and count our steps/distance until **April 30, 2019**.

1300 steps = 1 kilometre

If your preferred physical activity can't be measured in steps, you can still count it:

30 minutes = 2 kilometres

At the end of each month give your team captain your step, time or distance totals. The team Captain will then submit the totals to the Globe Walk Coordinator.

Ask about using our indoor track lanes

The **Saskatoon Council on Aging** is a community leader promoting **positive aging for all, in an age-friendly community**

During community consultations for the Age-friendly Saskatoon Initiative, older adults identified the need for more physical activity and social opportunities during the winter months. The **Globe Walk Challenge** is a response to that need.

GLOBE WALK AMBASSADOR



Dr. Roberta Bondar

Canada's 1st Female Astronaut

Exercise Improves Physical & Mental Wellness



WHAT ARE YOU WAITING FOR?



LET'S GET STARTED. HERE'S HOW TO JOIN

Step 1: If you are already on a team, go to Step 2. If you would like to organize and captain a team or join the SCOA team, please call 306-652-0027 for more information.

Step 2: Fill out the registration form on the reverse of this section and give it to your Team Captain.

Step 3: Keep track of your distance, steps or time. Remember that all forms of physical activity can be counted, not just walking, and that every thirty minutes equals two kilometers..

Step 4: At the end of each month inform your Team Captain of your distance and/or time for that month. The Team Captain will then submit team totals to Globe Walk Coordinator.

Step 5: Get motivated, have fun, invite friends and family to take part and join everyone for a celebration party at the end of the Globe Walk.

**Visit our website at
www.scoaglobewalk.net
Or join us on Facebook**