



"Remembering the PledgeDelivering the Promise!"

NATIONAL HEALTH & WELLNESS LINKAGES PROGRAM
Diane Scott, Western Area Chair



Walk for Health and Hunger

Walk for Health and Hunger Walk-A-Thon: Each September, Links Chapters participate in the "Walk for Health and Hunger" a Signature Program that calls attention to health issues of the day. Chapters may partner with organizations, and proceeds go to Links programming.

Goals:

To engage Links to improve their health ad the health of their families by committing to regular walking and other aerobic exercise and making healthy nutrition choices.

To educate our communities about the importance of physical activity and good nutrition.

To financially support organizations that promote health and prevent disease by sponsoring a Links Walkathon on September 30th or joining major health walk-a-thons.

Activities:

- Sponsor a Links Walk-A-Thon on or about September 30th.
- Partner with other organizations such as Avon, Susan G. Komen Cure for Breast Cancer, American Heart Association or the American Diabetes Association to plan a Walk-A-Thon.
- Research organization with aligning health goals to contribute proceeds of the Walk-A-Thons.

Resources and Web Links

Benefits of using a pedometer: <http://www.stepintohealth.com/benefits.html>
<http://www.msnbc.msn.com/id/4099157/>

Benefits of walking:

http://walking.about.com/od/healthbenefits/Benefits_of_Walking_How_Walking_Reduces_Health_Risks.htm