

# WALKING CHALLENGE

## WALK THE YUKON QUEST TRAIL

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We are doing a *Walking Challenge* here at Ta'an. We are going to walk the *Yukon Quest Trail*.

The challenge begins on the same day as the Quest begins... February 6<sup>th</sup>, 2016 and we will be wrapping up on May 31<sup>st</sup>, 2016.

We will provide each person who signs up and is a registered Ta'an Kwach'an Council Citizen, a Purchase Order to go and purchase a good pair of walking shoes as well as two pair of good socks.

Each person who registers will receive a pedometer, and a pocket calendar to keep track of your daily steps.

The challenge is for Citizens as well as TKC Staff persons. Each week you are required to call or email me the total number of steps for each day, or if you wish the total number for the week. Each week I will record your weekly total on a chart, and will have amazing weekly draws. If you do not call or email and give me your totals for the week you will not be in the draw for that week. Please have your weekly totals to me each Monday or Tuesday and the draw will take place on Wednesday.

I have registration forms here at the TKC Health Building. Drop by and fill out your registration and be a part of the challenge.

The Yukon Quest Trail is 1000 miles... we do not expect all participants to complete the challenge but let's see how far we can get. The total number of weeks to complete the challenge is 17. So let's all start walking...and keep walking, because to be eligible for the grand prize you must stay active in the challenge. At the end of 17 weeks ~ even if you haven't completed the Quest Trail you will be eligible to be included in the grand prize *if* you have consistently been calling and giving me your weekly totals. I can be reached @ 668 ~ 3613 or by email, rbehn@taan.ca

Let's all get out and be active! See you all on the Quest Trail... Happy walking!!

This is an Aboriginal Diabetes Initiative.