

STANTON FRIENDS *TAKING STRIDES TO IMPROVE HEALTH*

A New Opportunity to Improve Our Health in Stanton!

Who: Anyone who is interested in improving their health through regular exercise

What: A walking program where you can keep track of the progress you're making

Where: Using the hallway loop in the Stanton School when it's cold outside. Please enter through the gym door.

When: Each weekday morning from 5:15am to 7am and from 5:30 pm to 6:30 pm in the evenings

Why: Regular exercise has been proven to reduce stress, improve sleep, boost learning power, and maintain a healthy weight

How:

1. Take a "Striding to Improve" sheet from the envelope on the bulletin board at the end of the hallway near Mr. Subbert and Ms. Vogel's rooms.
2. Make certain your name is on it, and record how many mile(s) you walk each day (have some teammates with you, so your miles get multiplied). Eleven laps equal one mile.
3. After filling in your mileage, put it in the envelope marked "Log My Miles."
4. You will have your own thumbtack on the map of Iowa. The map will be filled in weekly to see your progress and the progress of others.

The program will run from February 1nd through April 23th. Please contact Stanton Friends to sign up your team at stantonfriends@myfmtc.com, and your team will be added to the map. You may also participate individually. Feel free to specify a goal of where on the map you would like to get to by April 23th. (I would guess Mickey's team will be trying to walk to Lincoln). Maybe your team would like to try to walk to Jamaica! Iowa that is!

For questions regarding Stanton Friends and this new opportunity to improve your health please call Jake Nimrod @ 829-2467, Barb Allen @ 621-4057, or Mickey Anderson @ 370-0037. Our thanks to Steve Johnson,

Jerry Gilliland, John & Grace Schultz, Stephanie Parsons & Christi Elwood
who will be walking the hallways with you! See you on the loop!

Sample:

Striding to Improve:

Name _____ or team name _____

Date ___ / ___ /2010 Number of mile(s) walked _____

*remember 11 laps = 1 mile optional: # of pounds lost since start _____

*map will be updated weekly