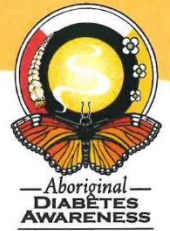




# Mocc Walk 2018

get active · get fit · have fun  
May 1<sup>st</sup> - June 30<sup>th</sup>, 2018



## Frequently Asked Questions & Answers

### What is the Mocc Walk?

The Mocc Walk is a walking challenge that promotes awareness about diabetes and encourages everyone to "get active· get fit · have fun," while taking part. Whether walking as an individual or as a team, participants are encouraged to walk and record the number of minutes spent walking. For every 10 minutes spent walking, 1 point is awarded. Points are tallied and submitted to Community Health for the chance at winning some cool prizes!

### Who can participate in the Mocc Walk?

- The Mocc Walk is open to women, men, youth and children throughout the province of Ontario.
- Participants can enter as individuals or as teams of four (4). **Note: Teams do not have to walk together**

### How long is the Mocc Walk?

Walking begins 12:00 am on Sunday, May 1st and will end 11:59 pm on Thursday, June 30th, 2018

### Where is the Mocc Walk?

- All across Ontario
- Participants can walk anywhere - a treadmill, outside, at the mall

### What do participants have to do for the Mocc Walk?

- Complete the Registration form and e-mail, fax or mail to Community Health Program by May 1st, 2018.
- Start walking and record walking minutes on the calendars provided for May and June.
- **Note: Walking minutes cannot include working hours (breaks and lunch hour are acceptable).**
- Tally points monthly (10 minutes of walking= 1 point) and e-mail, fax or mail to Community Health Program.
- Participants may also submit photos and stories about their walking experiences to The Community Health program.
- Final tracking results need to be submitted by July 15, 2018.

### Why should I participate in the Mocc Walk?

- Get Active · Get Fit · Have Fun
- Raise awareness about Diabetes - a key public health concern for Indigenous people
- Win cool prizes

### How are the prizes awarded for the Mocc Walk?

- Prizes are awarded to the top three (3) individuals and the top three (3) teams for each region in Ontario (Northern, Southern, Eastern, Western)
- All individuals/teams are eligible for the 3 Grand Prizes, which will be randomly drawn.

\* In order to be eligible for prizes, participants must track their results and submit them to the Community Health Program

### How do I get more involved?

Contact Rachel at Community Health program at Phone: (613)575-2341 Ext 3241 or Fax: (613)575-1152

Email: [rachel.george@akwesasne.ca](mailto:rachel.george@akwesasne.ca)

