

Mocc Walk 2018

The MCA Community Health Program and Ontario Native Women's Association (ONWA) in partnership with the Aboriginal Diabetes Programs of ONWA, is sponsoring a walking and exercise challenge. This walking and exercise challenge is intended to increase physical activity among Indigenous people across Ontario

Who can participate?

<u>Individuals</u>	or	<u>Team (4 individuals to a team)</u>
Woman		Family team
Men		A team of co-workers
Youth		A team of friends
Children		Anyone

What do participants have to do?

Register with the Community Health Program by email or telephone

613-575-2341 ext 3241 or

Email rachel.george@akwasasne.ca

Begin walking on your own or with the walking club or exercising and recording your minutes on the calendar provided.

Tally your points and send them to Community Health Program when your done.

Where is this event taking place?

This is an all Akwasasne(Generations park walking club Monday and Wednesdays 12pm to 1pm) event

Participants can walk anywhere-a treadmill, outside, at the mall even exercise. All you need to do is record your minutes walked or exercised on the calendar provided. For every 10 minutes you walked or exercised you get 1 point ie... you walked outside for 30 minutes you would get 3 points for that day. Teams do not need to walk together but submit their points as a team.

When is the walking and exercising challenge?

Register before April 30, 2018

Exercising or walking will begin May 1, 2018 at and will end on June 30, 2018.

Why should you participate?

Get active

Get fit

Have fun

Win cool prizes