

WOODLAWN FORREST WELLNESS MINISTRY Presents ...

# Steppin' Program 2024



Our goal is to motivate the congregation to increase physical activity through regular walking and any movement that involves steps.

Members are encouraged to keep a log of their total daily steps or the equivalent of steps if they do other activities. This can be done by using a smartphone or watch with an app of their choice or by using a pedometer clipped on to their clothing. Conversion sheets are available for other activities.

The Wellness Ministry continues to do blood pressure screening on the first Sunday of every month. At this time, members will be able to register, drop off their logs for the previous month and pick up logs for future months. Logs will be available throughout the month in the red box, on the counter in the foyer.

Additionally, we have a sign-up sheet on the Wellness Ministry bulletin board for those who would like us to reach out to them and set them up to join the program.

There will be a prize quarterly for the person with the most steps. And, at the end of the year, we will recognize the persons with the 1st, 2nd and 3rd highest number of steps for the entire year and the 1st place winner will receive an award.

Every month, we will display on the Wellness Ministry bulletin board, the names of the (3) participants with the highest number of steps for the month.

The benefits of regular walking include prevention/management of various conditions including heart disease, high blood pressure, type 2 diabetes, strengthening of bones and muscles, improved mood, better balance, coordination and weight management.

"If you take care of your heart, it will take care of you". Let's step out together ❤️

Sister Charlene Blache  
Wellness Ministry Chairperson

