



GFWC Wisconsin Juniors' Turning Stones for Health Fitness

Just as moving one stone makes a difference in the flow of a stream, taking one extra step is the beginning of making a difference in your health. GFWC-WI is dusting off the walking challenge to get members across the state involved in **turning stones** and **empowering youth**.

Wear a pedometer, Fitbit, Apple Watch for 6 weeks this spring and report back every week the number of steps you took for that week. At the end of the 6 weeks, we will take an average. The person / club* / district* that averages the highest number of steps **can** win a piece of the prize pool (50% of money collected) and the other 50% will go to a Wisconsin organization that **empowers youth**.

Rules:

- The Walking Challenge will run from March 15th – April 29th. Note: weeks are Wednesday-Tuesday.
- Report the number of steps you took during the week on Wednesday – to Loretta Caron (Jr. Fundraising Chair) via email (Loretta_Caron@sbcglobal.net), or text/ phone call 847-924-5613
- Steps will be averaged over the 6 weeks, with your lowest week thrown out – maybe you were in a car on spring break and not doing much walking. Also, it is spring in Wisconsin – weather is unpredictable. ☹
- This is open to anybody!!! Friends, neighbors, co-workers, etc. Just make sure club is marked on entry form.
- Cost = \$10
- Mark down if you are a walker or runner. Walkers don't want to be battling against a marathon runner.
- Once we know number of walkers, will figure out exact prize money distribution before we start.
- Winning club / district will pick an organization that **empowers youth** in their area and that organization will receive part of the money raised.
 - 1) *District must have 2+ clubs participating
 - 2) *Clubs must have 2+ members participating
- Once you are signed up you will get more details
- Winners will be announced at the GFWC-WI State Convention in Eau Claire. Happy Walking!!

Return by March 13th

Mail to: GFWC-WI Jr. Treasurer ~ Tammy Welter ~ 1960 Boulder Lane ~ Beloit, WI 53511

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Club: _____ Phone Number: _____

"X" one in each column Age: < 50 Years Old Amount Enclosed – Check payable to: **GFWC-WI Juniors**

Walker

50-64

\$10 Walker / Runner

Runner

65+

\$____ Donation to GFWC-WI Juniors