

## Get out your walking shoes!

*"The integrity of our bodies is a gift from God, but the meaning of our bodies does not stop at the boundaries of our skin...The cultivation of the practice of honoring the body can help us remember that in both our integrity and our relations with other bodies, we belong to God."*  
~Stephanie Paulsell

### Walking Challenge 2012

6759 Miles from Wichita to Jerusalem. District support teams to reach your goal collectively! January 15-April 15, 2012.

Log-in to the conference website to log your progress and receive your spiritual meditation for the day.

The average person takes 2000 steps to equal 1 mile.

The Health and Wellness Committee will use this 2000 step average for determining each mile logged through the web-site.

Connect your spiritual journey to your walking journey and allow God to shape you~

## Logging your distance!

### Log your steps:

Keep a pedometer on your hip. Low cost or a high market value pedometer will keep fairly good count. Simply log the number of steps you take a day. Then clear it and start over!

### Log your miles:

When you decide to go for a bike ride, swim, walk or run...if you keep track of your distance, you can simply input the mileage in the drop down menu for your true distance 'traveled'.

Example calculation using the Purdue University chart to convert many different activities into steps: [www.purdue.edu/walktothemoon/activities.html](http://www.purdue.edu/walktothemoon/activities.html)

If you shovel snow for 30 minutes. The chart says shoveling snow equals 145 steps/minute. Multiply  $145 \times 30 = 4350$  steps for 30 minutes. Using this formula, your steps would translate to approximately 2.2 miles. You can either log your steps or miles.

KANSAS AREA  
**Health &  
Wellness**  
COMMITTEE  
United Methodist Church



The first 250 people to sign up online by January 11, 2012 will get a free pedometer! Make it your resolution for the New Year, sign up now and be ready for January 2012!

Special recognition will be offered to districts and churches, including the church with the highest % of participation, so get up and get moving Kansas!

*Special thanks to Wal-Mart and Dick's Sporting Goods for the donation of Pedometers!*

Kansas Area  
Health & Wellness  
Committee

WALK  
TO  
JERUSALEM



2012  
District Walking Challenge  
January 15-April 15

Wichita to Jerusalem  
6759 Miles

## Walk to Jerusalem KS Area UMC Walking Challenge 2012. *Walking as the Body of Christ.*

January 15– April 15, 2012 Kansas Area United Methodists are going to get moving! This year the Health and Wellness Committee Walking Challenge is focusing on getting everyone moving together. For those who already walk, run, bike, swim or dance... the challenge is to take it up a notch. For those members who are still waiting for a reason to get moving, know that your district is counting on you!

This year, as the Body of Christ within the districts of the KS Area, we are seeking to meet the challenge of moving and walking to Jerusalem with a collective mileage of 6759 miles in each district! You do the math, one person is not expected to make it this far on their own in 3 months, but imagine the spiritual journey as we all embark upon it together!

Set a goal for yourself that you will achieve 4000, 7500, or even 10,000 steps a day. Or set a mileage goal, anywhere from committing 2 miles to 50. It is all important! Contact your pastor and set up a goal for your local church to reach each week and encourage one another.

*"If we want to serve God, the church, and the world well, with genuine wholeness, then we must be equally committed to doing whatever is necessary for our own shalom, the whole health of our temples in the full intertwining of mind, body, soul, and spirit."* ~Marva Dawn

### How to log in your steps and miles!

Go to your conference website.

For Kansas East: [www.kansaseast.org](http://www.kansaseast.org)

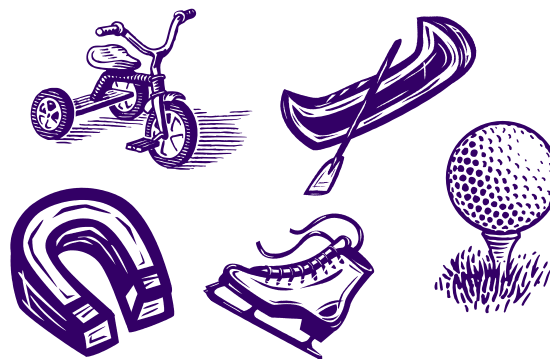
For Kansas West: [www.kswestumc.org](http://www.kswestumc.org)

Click on:

- Ministries
- Health and Wellness
- Walk Challenge

From there, simply create an account with a password you can remember. Once created, click on "Join a Challenge." Select your conference and your church.

On this journey you will be equipped with a chart to convert many different activities into steps, [www.purdue.edu/walktothemoon/activities.html](http://www.purdue.edu/walktothemoon/activities.html), and *imagine how much fun It can be to get moving!*



### Honoring The Body

As Christians we have the gift of the Christian calendar year, and woven through it are the liturgical seasons. During this walking challenge, the Church will enter the season of Lent and celebrate the day of Resurrection, Easter!

You will be signing onto the website to enter your progress. Every week you will be connected on the website to scripture, song, liturgy, and quotations that will allow you to more fully participate in the season of health and wholeness that you are seeking. There will be at least 3 for each week. We want to be inclusive of mobility capabilities and differences; at the same time, we want to remind you to challenge yourself

Before you go on your walk, alone or with a group, consider the scripture or meditation for that day.

It is our hope that you will see the call God places upon our whole selves, body, mind, and spirit, for health and wholeness of the Body of Christ.

You do not have to wait until January 15th to start moving! The season of Advent allows for you to be full of expectation of what is to come, use that expectation and get started early!

There is room for wilderness and resurrection in our lives. As we honor our bodies, we can find health and wholeness in Christ!