



## Walking Health Benefits

“Walking purposefully for 30 minutes per day combined with simple regular stretching is enough to improve your health and lower your risk of chronic disease” Mark Fenton -

### Walking regularly:

- Strengthens your heart
- Delays or prevents major diseases or illness
- Reduces blood pressure and the risk of stroke
- Reduces cholesterol
- Strengthens joints and bones
- Helps control weight
- Improves mood and self-esteem
- Contributes to "brain fitness"
- Gives you energy and a good night's rest
- Relieves stress and worry
- Improves balance and circulation
- Boosts immune system

## Healthy Belvedere Walking Clubs & MoveME Valued Partners

Christ The Lord Church

East Lake Family YMCA

DeKalb Cooperative Extension

DeKalb County Parks and  
Recreation

Georgia Health Policy Center

### Healthy Belvedere Headquarters

Christ the Lord Church  
3760 Glenwood Road  
Decatur, GA 30032  
Office (678) 973-2186  
Fax (404) 228-7359

Office Open:

Tuesdays & Thursdays @ 10:00 a.m. – 2:00 p.m.

Call for an appointment.

[contactus@healthybelvedere.org](mailto:contactus@healthybelvedere.org)

[www.healthybelvedere.org](http://www.healthybelvedere.org)

### SPONSORED BY THE HEALTHY BELVEDERE INITIATIVE

The Healthy Belvedere Initiative is made possible through support from Kaiser Permanente and the Community Foundation for Greater Atlanta. This neighborhood initiative is focused on Healthy Eating and Active Living (HEAL). The Belvedere community is located in Decatur, Georgia between Memorial Drive, Columbia Drive, Glenwood Road and Candler Road.



Healthy Belvedere

**MOVEMENT** 

Healthy Eating & Active Living Initiative

Walking Clubs &  
MoveME Programs



**2011**

Program Description  
Registration Procedures  
Program Outcomes & Goals  
Progress Parties  
Walking Healthy Benefits  
Valued Partners

## Walking Club and MoveMe Program

The Healthy Belvedere Walking Club & MoveMe program is a healthy eating and active living initiative that is free to all who live, work, worship and play in the Belvedere Park Community. This program is open to all ages and all fitness levels. There are 2 ways to get involved in the Walking MOVEMENT:

### Walking Clubs (Primary way)

- Walking Clubs are organized walking groups that are lead by “walking leads” who live, work, worship or play in the Belvedere Park Community.
- The Walk Leads will provide walkers with the dates, locations and times of the walks. Walking Clubs are encouraged to walk at least 3 times a week for at least 30 minutes each time.
- Walking dates and times will vary from club to club.
- Walkers will also complete walker logs and will be encouraged to attend monthly **Progress Parties** where they will receive incentives for their participation

### MOVE ME - Individual Walking/ Physical Activity (Secondary way)

- MOVE ME is the individualized walking and physical activity program that allows individuals to maintain their own fitness regime on their own schedule and at their own pace.
- This program is perfect for those people who are self-motivated, are unable to walk during scheduled walking club times, or prefer not to exercise in a group.
- MOVE ME participants are encouraged to walk or engage in physical activities at least 3

times per week and they will maintain monthly walking/physical activity logs that they will need to submit to Healthy Belvedere.

- MOVE ME participants will also be invited to attend the monthly Progress Parties that will provide incentives for their participation.

### To Register & Participate

- Complete the registration forms
- Complete and sign a Physical Activity Questionnaire
- Complete a Goal Setting Contract
- Attend monthly Progress Parties
- **HAVE FUN AND GET HEALTHY!**



### Walking Club Outcomes For 2011

- Increase the number of walking clubs in the Belvedere Community
- Increase the number of residents who participate in walking clubs
- Increase resident awareness, knowledge and participation in physical activity
- Increase the awareness of safe and supportive built environments
- Increase resident knowledge and capacity to advocate for environmental and policy change
- Produce data to demonstrate a reduction of obesity, high blood pressure and pre-diabetes in Belvedere

### Walking Club Goals Year End 2012

- Total target number of walkers recruited: 250 or 5% of population
- The development of 10 strong walking clubs
- 25 walkers per Walking Club (Literature suggests to expect 10-18 regular walkers per club)

- Each Walking Club host at least a 30 minute walk at minimum 3 times a week
- Walking clubs build up to the recommended 5 times per week at varied times including mornings, evenings, weekends, etc.

### Progress Parties

Progress Parties are mandatory monthly meetings where program participants get their weight and BMI assessed, receive nutrition education and cooking classes, receive incentives and gain inspiration from their fellow walkers.

### Progress Party Schedule Second Saturday of the Month

2011 Dates	Time	Location
April 9	9am-11am	Christ The Lord Church
May 14	9am-11am	Christ The Lord Church
June 11	9am-11am	TBD
July 9	9am-11am	TBD
August 13	9am-11am	TBD
September 10	9am-11am	TBD
October 8	9am-11am	TBD
November 12	9am-11am	Christ The Lord Church
December 10	6pm-8pm	TBD
<b>Walkers Year End Celebration</b>		