

Walk 50 Miles in 50 Days



Walk 50 Miles in 50 Days originally kicked-off in 2002 with great enthusiasm from approximately 40 churches, logging over 23,000 miles, equivalent to walking around the world! Since then, we have had much positive feedback and heart-warming stories that reflect whole person health outcomes: Physical, Mental, Emotional, &

Spiritual. Here is a sampling of comments that reflect how the program impacted some participants:

- “Due to an accident in August I had to stop my regular running routine. I was very frustrated and discouraged. This program helped me refocus and gave me hope. Thank you!”
- “I really have appreciated this walking program very much. It is so fulfilling and easy to accomplish. I intend to keep doing it, as it makes your whole being come alive. I really praise the Lord for it all, as He is the reason I’m walking today.”
- “Plan to continue. Next goal 100 miles. I lost 5 pounds, cut back on pain medication, and favorite slacks fit.”
- “Very spiritual walking. Meditations for walking full of wisdom and light. ”

This spiritually based program, which is specifically customized for congregational use, is provided to partnering churches to encourage members to walk 50 miles in 50 days in order to improve their health and to increase overall awareness of the benefits of walking. Some partnering churches have fun kick-off activities and sponsor the program annually or every few years. Participants walk when and wherever they wish within the identified 50 day period, logging their miles on a walking log. Upon completion of the 50 day program, participants turn in their logs and complete the post survey. All program materials are provided. Some teams also offer prizes as incentives.

After the cold and snowy days of winter, why not consider this spring or summer to start a walking program?

For more information or to order a program folder, contact your coordinator: Jeanne Palcic at jpalcic@erhinc.com; Rhonda Johnson at rjohnson@erhinc.com; Mary Ellyn Pusz at mpusz@erhinc.com.