

Fun Way to Get in Shape!

Walk with the Senior Center and St. John Medical Center



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Walks begin Friday, August 14 and last for 5 weeks. Walking is done on your own except August 14 and the last Friday, September 18. Lunch provided both Fridays!

On August 14 everyone will meet at 12 noon to have SJMC nurses check BP's, Cholesterol, Glucose, and BMI then give you a pedometer to check your steps. Walking will take place around the beautiful St. John's campus track. THERE IS NO CHARGE!

_____ Yes! Sign me up to get some exercise, fun and prizes!

Name: _____

Phone Number: _____



PLEASE RETURN SIGN UP SHEET TO RITA NO LATER THAN WEDNESDAY, August 12. *THANK YOU!*



Free Senior Challenge Walking and Wellness Event

BRING IT ON!!

Provided by St. John Medical Center (SJMC) and Sponsored by O'Neill Healthcare

Time to fire up your feet!! This is a 5 week wellness and walking challenge against other Senior Centers for anyone over 50years old.

Kick off date Friday 8/14/2015. Kick off will begin with free biometric health screenings and a senior mingle. Our kick off will be held at the hospital in building 2 Auditorium B.

- Screenings: Blood glucose, cholesterol, blood pressure, weight, BMI, waist circumference
- Valet parking will be free, just drive to the front of the hospital.

We will finish the challenge on 9/18 same place, same times, in SJMC Building 2 Auditorium B

*Avon Senior Center will arrive at 11am to be screened

*Dwyer Senior Center will arrive at 11:30am to be screened

*North Ridgeville will arrive at 12 noon to be screened

Each participant will receive a welcome backpack, which includes a pedometer; track your steps chart, stretching tips, and other surprises.

Community Outreach will be the core team to oversee the program. On kick-off day we will provide a walking leader to lead the group around the track. Twice around the SJMC track equals 1 mile. We encourage you to walk during the week and keep track of your steps.

SJMC PT/OT will be available on Kick off day to demonstrate warm up and cool down exercises.

Calling all walkers: This is what you need to do!

1. Sign up
2. Fill out a consent/release form
3. Recruit your friends to sign up
4. Choose a team name
5. Choose a team captain to keep track of participant's steps.
6. On Kick off day 8/14/2015, no fasting required before screening. We want you to eat if you're going to exercise.

Arrive at SJMC on 8/14 at the time your senior center team will be screened; Avon 11:00am, Bay 11:30am or North Ridgeville 12:00pm

After you are screened, enjoy a light lunch and other activities.

A physical therapist from St. John's will lead you in warm-up exercises.

You will take turns walking around the track with a walking leader.

After kickoff day, you will continue to walk walk walk and keep track of your own steps. We also encourage you to eat a healthy diet, exercise and get plenty of sleep.

We ask that all steps be called into your Senior Center on Thursday September 17th by noon, so we can judge a winner!

Avon Senior Center - 440-864-4200
Dwyer Senior Center - 440-899-3409
North Ridgeville Senior Center - 440-353-0856

On September 18th, the last day of the challenge, we will meet again at SJMC building 2 Auditorium B.

- *Avon Senior Center will arrive at 11am to be screened
- *Dwyer Senior Center will arrive at 11:30am to be screened
- *North Ridgeville will arrive at 12 noon to be screened

A luncheon buffet will be offered after screening and before an awards ceremony.

Prizes will be given for the healthiest senior center, and individually for the most steps taken, the greatest weight loss, cholesterol loss, glucose loss, blood pressure decrease, waist circumference loss, and BMI loss.

A Stopwatch update will be sent weekly to the Senior Centers with additional information about the program, and will address questions or concerns.

Thank you for participating,
Your St. John Medical Center Community Outreach Team!
440-827-5440