

Walking Program: Walking Along with St. Paul
Parish Nurse/Health Cabinet
Grace Lutheran Church
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We started our walking program with a grant from Wheat Ridge Ministries. Our walking program was very successful from 2003 to 2006. We initially partnered with Dr. Bill Duey, Associate Professor and Head of the Human Performances Department at Concordia University, River Forest, IL. He presented his walking program to our Health Cabinet and then to our congregation, showing the trend of increases in obesity, hypertension and diabetes type II nationwide and the benefits of walking without strenuous, boring, forced exercise programs in 2003.

I then presented my modified version to our church council and board chairpersons. We sold Digiwalker and Acusplit pedometers with our church logo and Gal 5:25 verse for \$20 to members and nonmembers alike. They in turn were assigned a map number and had some very basic assessments done (weight, height, BMI, girth and B/P). We also gave them a work sheet for recording their daily number of steps and some articles to read. Then every week we had volunteers available, between church services, to continue selling pedometers, make assessments and track those with map numbers. Each week we advance map pins with their respective numbers on Paul's three journeys. We had over 85 people enroll and over a 3 year period, 15 people finished journey one (1,150 miles), 5 completed the second journey (2,370 miles) and three completed the third journey (2,370 miles). I had a cartographer from our congregation research and design a map of each of Paul's missionary journeys. The journey lines are broken into 2 mile segments with either 5 or 10 mile markers. The maps measure 24x22 inches. I put the maps and list of participants and their numbers on a large bulletin board outside of my office so people could see their progress.



We had a lot of participation and enthusiasm. Our goal is still to get people to MOVE and to make it a part of their daily living. We discuss the advantages to cardiovascular, muscular strength and endurance and body composition from this activity and a general sense of well-being. Many people bought them as gifts (for Christmas we wrapped them in Christmas paper and ribbon) and also many people use the pedometers but did not want to participate in Paul's journeys, which was fine.

We still have the maps available on CD to purchase for \$20 since Steve Bogdan, our cartographer, gave the copyright to Grace Church. Our health cabinet actively promoted the program from 2003-2006 and I presented it at the parish nurse Westberg Symposium in 2005. There are pictures below to give you an idea. I am very pleased with how well it went. We currently sell pedometers with devotional books (\$10) called "Fit-2-Serve The Journey Begins..." from Bill Duey's current program. These are also available from his website www.Fit-2-Serve.net.

If you want to do the program of Paul's journeys, just send a check for \$20 made out to Grace Lutheran Church, with **Paul's maps** in the memo line. I will send the disk of 4 maps in PDF files (you need Adobe Reader to view them) and a copyright release letter to you. By the way, the fourth map is Paul's journey to Rome which I used to give people a sense of Europe and the Middle East at the time of Paul. I will also include a work sheet, record cards, articles, my 2005 presentation, a flyer of our commencement of the

