

Chapter 1 Why Walking?	Chapter 2 Why Walking for AARP	Chapter 3 About Step Counters	Chapter 4 AARP's 10-Week Walking Program	Chapter 5 AARP's 10-Week Walking Program Roles and Responsibilities	Chapter 6 Implementation Plan	Chapter 7 Kickoff Outline	Chapter 8 Safety First: EASY Screening Form
Chapter 9 Walk Leader Duties	Chapter 10 Expectations of Participants	Chapter 11 Weekly Touch, Sign-Up Sheet, and Postcards	Chapter 12 Scavenger Hunts	Chapter 13 Group and Weekly Total Sheets	Chapter 14 Walking Rally	Chapter 15 AARP Resources	Chapter 16 Walking Certificate



10-WEEK WALKING PROGRAM



Program Coordinator's Guide 2009

Developed by the AARP Health Promotion Team

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This information is being provided to help you implement AARP's 10-week model walking program in your community. This guide is based on learning's from:

- *Active for Life demonstration pilots in 2003,*
- *The walking research pilots in 2004 in Alabama, So. Carolina, Arkansas, and North Carolina,*
- *Successful 10-week walking programs conducted by other AARP state offices in 2005, 2006, and 2007, and*
- *Successful 10-week walking programs conducted by collaborating national organizations in 2007 and 2008.*

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Why Walking?

AARP research data shows that walking is the preferred type of activity by far – 74% of members who are active say that walking is their most regular type of exercise. As simple as it is, walking briskly 30 minutes a day, five or more days a week can reduce the risk of cardiovascular disease, diabetes, obesity, osteoporosis, arthritis and some cancers.

Walking:

- Promotes physical activity**
 Studies have shown that people who are physically active, live longer and feel better. It's never too late to start being active. Walking is a great way to get moving.
- Boosts brain power**
 Walking improves your ability to make decisions, solve problems, and focus. Even small doses of walking, like a 15-minute trek, can increase your brain power.
- Aids in long-lasting weight management**
 Everyone's metabolism tends to slow over time. This can lead to weight gain. Walking burns calories and fights unwanted pounds. A healthy weight limits chances of heart disease, diabetes, and some cancers.
- Requires only a modest investment of time and money**
 When pressed for time, walking for 30 minutes a day can be split up into shorter sessions of two 15-minute walks or three 10-minute walks. Even walking to the bus or train stop counts. Fancy gear or equipment are not needed to walk, just a good pair of shoes. Additionally, programs to promote walking are relatively inexpensive to implement and easy to promote.
- Increases employee productivity**
 Physical activity increases energy levels, reduces stress, and contributes to an improved immune system. It also improves concentration and short-term memory.
- May lead to reduced insurance costs**
 Sedentary behavior results in higher health care costs. Walking is one way to help prevent and manage several chronic diseases.

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Why Walking for AARP?

One of the health promotion focus areas for AARP is physical activity with the goal to increase the number of Americans age 50+ who are taking steps to be physically active at recommended levels. To reach significant numbers of people 50+ AARP is promoting walking to accelerate public health efforts around increasing physical activity for Americans 60+. The focus on walking is based on the following:

- Specifying walking gives participants direction without ambiguity. Walking-focused campaigns are clearer and simpler to communicate than just encouraging people to be physically active.
- Walking can be a gateway activity. Health and fitness professionals in AARP's pilot program in Madison and Richmond agreed that the easiest way to get people moving is through walking and then introduce them to other activities such as swimming, biking, yoga, strength, and flexibility training.
- Walking can be done anywhere; it is safe, easy, and cost effective for the consumer, and people understand *how* to do it.
- Walking can be personal, preventive and therapeutic, educational or social.
- Walking is a universal activity. It requires no training and is appropriate for all cultures and many levels of disability. It can be intergenerational.
- Personal walking activity is easy to track using step counters.

Source: Health Enhancement Systems "Walking: The Health and Economic Impact"

AARP research and experience from 2005, 2006, and 2007 has demonstrated that a viable walking program includes the following critical success factors:

- "Kick-off" covering goal setting, tracking, and social support.
- Weekly motivational touches.
- A celebration at the 10-week milestone to reward participants.
- Ongoing options to walk with a group or on own.

In 2007, participants from the AARP 10 week walking programs reported the following benefits:

- 44% of participants reported walking more frequently after joining the program
- 83% of participants reported they were more likely or extremely likely to continue to walk after the program.
- 46% of participants reported positive changes in energy and 38% reported positive changes in endurance as a result of participation in the program.

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About Step Counters

A study from Stanford seems to indicate they motivate fitness. The research showed that pedometer users increased their physical activity by about 27 percent, walking about one mile more a day than they did before they started their step counting routines. Keeping a step diary was the key; those that didn't do that showed no significant increase in walking. Pedometer users who didn't have a step goal also failed to increase their physical activity.

Just having a step counter hooked onto the waistband is a reminder to walk. Step counters are real eye openers when they show how few or how many steps are taken in an average day. They also help walkers set goals and gradually increase the steps they take. When the steps are recorded on a log, the walker can look back and see progress, which motivates more walking.

Step Counters and Pedometers

The simplest pedometer is a step counter. It clips to the waistband and counts the number of steps walked. It's important to clip the device at the front crease of the pants, and straight (horizontally) to make it more accurate. Step counters are more accurate when walking is done at an even pace and less accurate when walking is slower. More advanced pedometers calculate distance in miles or meters and have a clock. These pedometers require programming for the stride length.

How Many Steps?

The optimum number of steps depends on each person's capabilities. The best motivator is personal improvement. Each individual starts at a personal baseline and gradually increases the number of steps by 10 or 20% each week. People are challenging themselves, not competing against a norm.

One program that has gained a lot of momentum is "10,000 steps a day". It is a good goal for many people. Healthy older adults walk about 6,000 to 8,500 steps/day while people with disabilities and chronic diseases walk about 3,500 to 5,000 steps/day. A healthy and active older adult can walk more than 10,000 steps/day.

James O. Hill Ph.D. at the University of Colorado Health Sciences Center recommends taking 2,000 more steps (about 1 mile) above the number walked now and eating 100 fewer calories (about a pat of butter) for weight loss.

The U.S. Center for Disease Control recommends older adults experience 30 minutes of moderate-intensity cardiorespiratory exercise at least five days a week, and more minutes for fitness and weight management.

N.B. There are approximately 2,000 steps to a mile.

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10-WEEK WALKING PROGRAM MODEL

The 10-week walking program model begins with a kickoff event where participants gather to get fired up to commit to increasing the amount they walk for 10 weeks. The kickoff includes educational presentations on setting goals, how to walk the right way, how to wear a step-counter, etc. Step counters have been shown to be an effective motivational tool to keep people walking. Participants can purchase step counters in sporting goods stores. The kickoff also allows for people to find walking buddies or groups to walk with and to get the EASY Screening Form filled out. The success of the program also relies on providing participants with motivational touches during each of the 10 weeks. At 10 weeks, there is a rally to celebrate participants' achievement of reaching this milestone and to motivate them to continue.

Planning

- Program preparation
- Promotion
- Walk leader recruitment
- Speaker selection

Promotion

- Flyers, posters, postcards
- Other organization channels
- Media outreach

Educational Kickoff

- EASY Screening Form
- Distribution of step counters
- Educational session
 - Overview of AARP program
 - Setting goals
 - How to use a step counter
 - Tracking
- Walking group coordination

A Weekly Touch

AARP research shows that 8% of participants walk with a group while 44% exercise by themselves. Offering different weekly touch options insures the program reaches both group and individual walkers.

- Brief educational talks
- 30-minute organized walks
- Tracking postcards
- Email

Walking Rally

- Ten-week milestone celebration
- Volunteer recognition
- Sustainability sessions
 - Forming walking groups
 - Link to local program
 - Training for walking a marathon
 - Avoiding lapses
 - Overcoming barriers

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10-WEEK WALKING PROGRAM ROLES AND RESPONSIBILITIES

Program core model elements

This involves a kick-off, 10 weekly touches, and walking rally at the end of the ten weeks of the program.

Local sites:

- Coordinate the program including the kick off, weekly touches, and milestone events.
- Recruit and train volunteer walk leaders. Keep in touch and motivate the volunteer walk leaders on a weekly basis. Occasionally walk with some of the walking groups.
- Provide suggested program integration for the 10 weekly touches gatherings (group walks, health and fitness presentations, introductions to fitness equipment, etc.).
- Collect pre and post program participation numbers; participation numbers at weekly touches to announce at milestone event.
- Promote program by whatever local means available (newsletter, catalog, newspaper advertisements, flyers, community bulletin boards, visits to senior groups and organizations, etc.).

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Implementation Plan and Timeline

10-12 Weeks Before	
Task	Details (if applicable to Task)
	Review materials ahead of time.
Outline scale of program.	Establish goal for number of participants, identify underserved population, and plan activities, events, and materials to accommodate those numbers.
Recruit walk leaders to identify safe walking routes.	Consider keynote speakers who will appeal to group and help encourage enrollment, i.e., governor, media personality, other "celebrity."
Establish time and location for kick-off rally.	Make sure facilities, sound, and light are conducive to older participants. Line up assistance needed for walking program.
Establish time and location for weekly touches.	Begin to draft weekly touch topics.
Establish time and location for milestone events.	Again make sure facilities, sound, and light are conducive to older participants.
Plan launch event: number of volunteers needed to help with distribution of materials, on-site registration, demonstrations on walking safety, use of step counters. Plan any associated activities (health fair, group walk, etc.).	Consider parking/access/transportation, and outside "walkability" for a group walk. Identify and invite/confirm presenters or programs for 10 weekly touches, and develop agenda and handout for kick-off rally.
Develop plan for promoting the program locally.	Calendar listings, press releases, flyers, newsletters, catalogs, other advertising, etc.
Order step counters	http://fitness.gov/pcpfsdigestjune2002.pdf This article provides tips on choosing a step counter.

6 Weeks Before	
Task	Details (if applicable to task)
Order publications for participants at least 6 weeks in advance of kick-off.	
Healthy tips/articles are available to download from AARP website:	www.aarp.org/health/fitness/walking .

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4 Weeks Before	
Task	Details (if applicable to task)
Identify need for, and develop signage to direct individuals to location for kick-off.	May want to use large arrows or such to help direct individuals within facility.
Develop poster size walking group signup sheets—describing walk area. Place walk leader's name and contact information at the bottom.	These sheets can be posted around the kickoff facility so people can walk around and find a good walk area to sign up for.
Finalize agenda for kick-off rally; distribute to volunteers, presenters, and media. Check to see that the sound system is working.	Check with speakers to re-confirm expectations, length of talk, and handouts they may want to use, etc.
Determine if refreshments are to be served at the event.	Make arrangements for refreshments to be delivered on the day of the event.

2 Weeks Before	
Task	Details (if applicable to task)
Decide if nametags for participants and/or speaker badges/ribbons will be used and plan accordingly.	
Assemble weekly touch postcards for distribution/include postage.	Each participant will receive 10 postcards. Decide if you want to put stamps on the cards on for easier return. The postcards are given to participants to mail back with number of steps walked each week. Optional for walking groups.

1 Week Before	
Task	Details (if applicable to task)
Prepare and organize participant packets.	Packets should include: agenda, EASY screening form, list of walk routes/leaders, 10 weekly touch topics (by topic, date/time, location), and other pertinent information.
Review and, if need be, re-confirm details with partners, venue, speakers, volunteers	

Day Before Kickoff	
Task	Details (if applicable to task)
Re-confirm refreshment order, if any.	

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Day of Kickoff Preparation	
Task	Details (if applicable to task)
Set up location with sound system, signage, any displays, refreshments, (optional), and participant packets.	Test system.
Assign volunteers to greet/register (or check off names on pre-registration list) participants and distribute packets	Have volunteers explain that the EASY screening form must be completed.
Assign volunteers to greet speakers and help them get situated.	

Day of Kickoff Program	
Task	Details (if applicable to task)
Conduct kick-off event. See kick-off outline.	Have volunteers available to assist participants as needed; some may need help in getting it placed on their body in order for it to work properly.

Weeks 1 – 10 Program	
Task	Details (if applicable to task)
Host a weekly touch session once a week for about a half hour for 10 weeks; combine with group walk, if appropriate.	Weekly touches can include topics covered by healthy behavior articles found at www.aarp.org/health/fitness/walking , alternative exercise, health related issues, or demonstrations of equipment, etc.
Walk leaders should host weekly walks of at least 30 minutes or more.	Suggest participants report steps to walk leaders weekly; Walk leaders in return can record steps on a walking group totals sheet to be reported at the milestone celebration.
Collect postcards that are mailed in by participants who are walking on own.	Develop system to track both group and individual walkers' steps.

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4 Weeks Into Program	
Task	Details (if applicable to task)
Begin planning 10 week milestone event. Prepare walking group totals poster board for posting by walk leaders at the event.	Prepare generic walking certificates.
Prepare agenda, confirm speakers, refreshments, etc. as did for kick-off rally.	Same as for kick-off rally.

10 Weeks- Program End Milestone Celebration	
Task	Details (if applicable to task)
Celebrate participant accomplishments, but encourage continuation of walking or some kind of physical activity program for a full year.	Consider gathering group together in another year to see who is still walking; and/or offer other alternatives to encourage fitness that are available locally.

Post Milestone Event	
Task	Details (if applicable to task)
Consider sending 11 th weekly touch to remind/encourage participants to continue their walking/fitness efforts.	May want to mention other gatherings, groups to be joined, and/or the "yearly round-up" of those still walking.
Send written thank you to partners, volunteers, speakers, media, and anyone else involved who has been helpful.	

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10-WEEK WALKING PROGRAM Kickoff Outline

Participant Registration (30-60 minutes)

- √ Fill out EASY Screening Form.
- √ Obtain t-shirt, cap, or other items as made available.
- √ Participate in free health screenings and/or health/cooking demonstrations, and other partner booths, if offered.
- √ Sign-up on walking group sheets organized by community areas, indicating whether they are a brisk, medium or slow walker.

Kick-Off Program (30 minutes)

- **Overview of 10-week program (10 minutes)**
 - √ Welcome (celebrity, public official, partner head).
 - √ Explain goals of program and thank people for making this first move by attending.
 - √ Share expectations of participants.
 - √ Describe the weekly touch options:
 - Brief educational talks
 - Group walks
 - Tracking postcards
 - Email
- **Step Counter 101 (10 minutes)**
 - √ Review instructions on how to turn step counter on, where to place step counter on belt, how to adjust sensitivity, and how to test their counter before they get started.
- **Educational Briefing (10 minutes)**
 - √ Give motivational presentation about goal setting and social support (you may refer to walking articles at www.aarp.org/walking).
 - √ Explain that participants should build up slowly to ultimately be able to do 30 minutes a day/5 days a week or more.
 - √ Encourage participants to walk on their own outside of the once per week scheduled activity.
 - √ Talk about the correct way to walk when using a step counter (optional topics: walking safety, stretching, shoes, intersections/traffic, time of day, barriers).

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- **Organize Walking Groups**

- √ Recruit walking groups by calling out each walking group sheet. Write down participants' names on the spot.
- √ Introduce each walk leader by walking group community so members can identify their leader.
- √ Provide walk leaders with a list of walking group members and their walk leader duties.

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Safety First: EASY Screening Form

You may want to have a waiver for your own organization's protection.

The EASY screening tool was developed by an expert panel of interdisciplinary researchers and clinicians to make recommendations for safe and appropriate physical activities for older adults. It asks six simple questions to screen out those who are at risk of heart attack, stroke, or other serious conditions that could be aggravated by exercise in previously sedentary people. EASY also offers a comprehensive approach in matching individuals to an appropriate exercise program, identifying potential risk factors associated with exercise, providing safety tips and encouraging communication with medical providers.

The complete EASY screening tool can be downloaded directly from <http://easyforyou.info>.

A good rule of thumb for any physical activity event is to convey in the promotion materials that anyone who has any doubts about participating should check with their doctors.

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10-WEEK WALKING PROGRAM

Walk Leader Duties

Dear Walk Leader,

Congratulations on volunteering to be a walk leader. We're so glad to have your participation in this important, healthy event. Thank you for your commitment to being a walk leader. You will be recognized for your time and talents at the end of the program. Weekly activities include:

- √ Set a time and place for your group to meet and walk at least 30 minutes once a week.
- √ Distribute tip sheets on physical activity and nutrition to group members.
- √ Spark conversation around tip sheets to keep your group motivated.
- √ Contact members of your group who miss weekly walks.
- √ Collect weekly steps of group members.
- √ Report your group's total weekly steps to the program coordinator.
- √ Find a replacement from your group to lead the walk for that week in the event you are unable to lead a weekly walk.

QUESTIONS? Contact the program coordinator.

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10-WEEK WALKING PROGRAM

Expectations of Group Participants

Dear Walking Enthusiast,

Congratulations for signing up to participate in the 10-Week Walking Program. You've taken a step in the right direction. At the end of the program, you will be recognized for your completion of the program. Here are your tips for success:

- √ Put on your step counter first thing in the morning and reset the counter to zero.
- √ Wear the step counter all day.
- √ Track the total number of steps.
- √ Provide a weekly total of steps to your walk leader.

My walk leader is: _____

Walk leader phone: _____

Weekly walking location: _____

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10-WEEK WALKING PROGRAM

Expectations of Individual Participants

Dear Walking Enthusiast,

Congratulations for signing up to participate in the 10-Week Walking Program. You've taken a step in the right direction. At the end of the program, you will be recognized for your completion of the program. Here are your tips for success:

- √ Put on your step counter first thing in the morning and reset the counter to zero.
- √ Wear the step counter all day.
- √ Track the total number of steps in your participant guide each day.
- √ Provide a weekly total of steps to your coordinator.
- √ Participate in an organized walk at least once a week.

My walk coordinator is: _____

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10-WEEK WALKING PROGRAM A Weekly Touch

We have found that participants who are contacted or “touched” throughout the ten weeks have more success. These touches can vary depending upon resources.

Weekly touches can include:

- Program coordinator or walk leader can host brief educational talks by discussing one tip sheet weekly. Partners should also be encouraged to host a topic or topics.
- Walk leaders can host weekly walks, and/or participants can report steps to walk leaders weekly. Set up phone tree amongst participants or the walk leader.
- Collection of postcards from participants.
- Email blast to participant email list.

Week	Describe planned weekly touch
Week 1	
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	
Week 7	
Week 8	
Week 9	
Week 10	
Week 11	

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Sample Postcard

<p><i>10-Week Walking Campaign</i> <i>Week #1: Mail by date</i></p> <p>Put your walking plan in motion!</p> <p>My weekly step total is _____</p> <p>Name (Please print): _____ Walking Group: _____</p>	<p><i>10-Week Walking Campaign</i> <i>Week #2: Mail by date</i></p> <p>For fun & fitness, just add walking!</p> <p>My weekly step total is _____</p> <p>Name (Please print): _____ Walking Group: _____</p>
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<p><i>10-Week Walking Campaign</i> <i>Week #3: Mail by date</i></p> <p>Physical activity is a kind of health insurance – only you don't have to buy it!</p> <p>My weekly step total is _____</p> <p>Name (Please print): _____ Walking Group: _____</p>	<p><i>10-Week Walking Campaign</i> <i>Week #4: Mail by date</i></p> <p>Walk the walk and talk the talk... with a friend!</p> <p>My weekly step total is _____</p> <p>Name (Please print): _____ Walking Group: _____</p>
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Walking Program Scavenger Hunts

Please feel free to use these scavenger hunts for weekly touches with participants, or distribute to participants to give them some ideas on how to make walking fun and change up their routines.

A to Zoo

Boo, Hiss, and Cackle

Carefree Car Caper

Farm Fresh Fun

Green Thumbs

Holiday Hobnob

House of a Different Color

Nature Trailing

Object d' Art

Purple People Peepers

Rummaging Around

Sidewalk Sale Sleuths

Tombstone Territory

Window Shop Hop

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A to Zoo

Going to a local or regional zoo is a terrific place to walk, socialize, and have some fun. This scavenger hunt will have you looking for an animal, amphibian, bird, insect, or reptile for each letter in the alphabet. Refer to the examples provided below.

- A. Aardvark, alligator, anteater, antelope
- B. Baboon, bat, bear, bobcat, bison
- C. Chimpanzee, chicken, chinchilla, crocodile, crane
- D. Deer, duck, dolphin
- E. Eagle, elephant, elk, emu
- F. Ferret, flamingo, fox, frog
- G. Gazelle, giraffe, goat, gorilla
- H. Hedgehog, hippopotamus, hyena
- I. Iguana, impala, ibis
- J. Jaguar, Japanese macaque, Jersey cow
- K. Kangaroo, kinkajou, koala, kookaburra
- L. Lemur, leopard, lion, lizard, llama
- M. Mongoose, monkey, musk rat, meerkat
- N. Newt, nutria North American river otter
- O. Ocelot, opossum, owl, ostrich, orangutan



- P. Panda, parrot, peacock, penguin, polar bear, puma
- Q. Quail, quokka, quoll
- R. Rabbit, rhinoceros, reindeer, red panda
- S. Scorpion, sloth, squirrel monkey, stork, sea lion, springbok
- T. Tarantula, tiger, tortoise, toucan, tapir
- U. Uakari (South American monkey), uromastix (lizard)
- V. Vulture, viper
- W. Wallaby, warthog, wolf, walrus
- X.
- Y. Yak
- Z. Zebra

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Boo, Hiss, and Cackle

Okay, ghouls — it's time to shake off those cobwebs and go on a Halloween scavenger hunt! Find a neighborhood decked out with plenty of ghosts and goblins, check off the list below, and have a frightfully good time.

1. Bale of hay
2. Bat
3. Black and orange wreath
4. Black cat
5. Cauldron
6. Cobwebs
7. Coffin
8. Crow
9. Ghost
10. Grim reaper
11. Happy Halloween sign
12. Headstone
13. Mummy
14. Pumpkin with a scary face
15. Pumpkin with a jolly face
16. Scarecrow
17. Skeleton



18. Trick or treat sign
19. Vampire
20. Witch

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Carefree Car Caper

Whether you prefer a classic coupe, rugged sports utility vehicle, or luxury sedan, this scavenger hunt will probably have you scoping out every car on the road. Attend a classic car show or visit a car museum to find the items on this month's list.



1. Bench seat
2. Chrome bumper
3. Custom paint job (flames or other detail)
4. Dual exhaust pipes
5. Engine blower
6. Fuzzy dice
7. Hatchback
8. Hood scoops
9. Paneled side doors
10. Personalized license plate
11. Racing stripes
12. Ragtop
13. Rear spoiler
14. Rumble seat
15. Sunroof
16. Tailfins
17. Tinted windows
18. Two-seater
19. Whitewall tires

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Farm Fresh Fun

1. Apples
2. Asparagus
3. Avocados
4. Bananas
5. Berries
6. Broccoli
7. Cantaloupe
8. Carrots
9. Cauliflower
10. Corn
11. Cucumbers
12. Green beans
13. Oranges
14. Peppers
15. Potatoes
16. Squash
17. Spinach
18. Sprouts
19. Tomatoes
20. Yams



Do you eat all your fruits and vegetables? In this scavenger hunt, locate all that good-for-you produce at a local farmers market, country stand, or store.

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Green Thumbs

Garden club memberships aren't necessary for this scavenger hunt. Just visit a local garden center, greenhouse, botanical park, or even neighbors' gardens.

1. Begonia
2. Black-eyed Susan
3. Cactus
4. Chrysanthemum
5. Clematis
6. Coral bell
7. Daisy
8. Daylily
9. Hibiscus
10. Holly
11. Hollyhock
12. Ivy
13. Lily
14. Orchid
15. Peony
16. Phlox
17. Rose
18. Sage
19. Sedum
20. Violet



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Holiday Hobnob

It will be difficult to be anything but festive after completing this scavenger hunt. Put on some holiday garb and head out to your favorite neighborhood, mall, or city center to find the items on the list.



1. Carolers
2. Elves
3. Garland
4. Luminaries
5. Menorah
6. Multicolored lights
7. Nativity
8. Presents
9. Reindeer
10. Rudolph
11. Santa
12. Season's greetings sign
13. Sled
14. Sleigh
15. Snowflake
16. Snowman
17. Star
18. Window candlestick
19. White lights
20. Wreath

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House of a Different Color

No matter how far you live from the Emerald City, all you have to do for this scavenger hunt is gather your pals for a walk. Go to a neighborhood that's as colorful as it is safe and fun, and then check off the items on this list.

Brick, Siding, or Stucco

1. Beige
2. Blue
3. Brown
4. Gray
5. Green
6. Pink
7. Purple
8. Red
9. Yellow
10. White

Doors

11. Black
12. Brown
13. Red
14. White

Shutters

15. Black
16. Blue
17. Green
18. White



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Nature Trailing



Rediscover what's so great about the great outdoors. Take a walk in the park, a hike in the foothills, a stroll in the desert, or a turn in the country to find the scavenger hunt items, just as nature intended!

1. Animal tracks
2. Beetle
3. Burrow
4. Dead tree
5. Feathered friend
6. Flat rock
7. Flowering plant
8. Flying insect
9. Fork in the path
10. Furry friend
11. Leaf with pointed edges
12. Leaf with rounded edges
13. Litter or waste (dispose of it properly after you spot it!)
14. Nest
15. Person walking or hiking
16. Plant bearing fruit or nuts
17. Rounded rock
18. Sapling
19. Trail marker
20. Variegated leaf

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Object d'Art

Object of your heart or object of art? Maybe both for this scavenger hunt. Go to an art museum or gallery to find these items.

1. Bronze bust
2. Coffin or trunk
3. Crystal
4. Gold object
5. Landscape painting
6. Necklace or pendant
7. Porcelain figurine
8. Portrait containing an animal
9. Portrait of a child
10. Portrait of a dancer
11. Portrait of a man
12. Portrait of a woman
13. Seascape painting
14. Silver object
15. Stained glass
16. Statue of an animal
17. Statue of a man
18. Statue of a woman
19. Tapestry
20. Tureen



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Purple People Peepers

The object of this scavenger hunt? People watching! Take a walk around a busy mall, museum, city center, campus, or fair to find the men, women, and children who will help you check off this list.



1. Baby in a stroller
2. Bald man
3. Blonde
4. Brunette
5. Child carrying a toy
6. Couple holding hands
7. Family of four
8. Man wearing a blue cap
9. Man wearing a red tie
10. Man with a beard
11. Man with a mustache (no beard)
12. Person carrying a shopping bag
13. Person talking on a cell phone
14. Person wearing glasses
15. Person walking a dog
16. Person with a briefcase
17. Redhead
18. Twins or like-dressed pair
19. Woman carrying a purse
20. Woman wearing red

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Rummaging Around

Who doesn't love a good yard or garage sale? Check your weekend papers and map out a section of town where you can hit at least three sales on foot for this scavenger hunt — a subdivision sale would be your best bet. If you run into inclement weather, a church bazaar, flea market, or antique mall will work as well. Happy rummaging!

1. Baby bonnet
2. Board game
3. Brass candlestick
4. Butter dish
5. Camera
6. Cartoon video or DVD
7. Christmas ornament
8. Disco album
9. Extension cord
10. Floor lamp
11. Frying pan
12. Gloves
13. Knitted pot holder
14. Old kitchen chair
15. Picture frame
16. Racquet (tennis, squash, or badminton)
17. Red purse (coin purse or hand bag)
18. Suitcase
19. Toaster
20. Vase



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Sidewalk Sale Sleuths

Can't pass up a good sale? If you answered yes then this scavenger hunt is for you. Even if you can't locate a sidewalk sale, a clearance center, factory outlet, or any other large discount center will work.



1. Belt
2. Book
3. Bracelet
4. Candle
5. CD
6. Dish towel
7. Earrings
8. Egg cup
9. Eyeglass case
10. Ice cube tray
11. Keychain
12. Mug
13. Ornament
14. Pet collar
15. Pin
16. Pitcher
17. Plastic lid
18. Scarf
19. Shoes
20. Sock

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Tombstone Territory

Don't worry if you don't live near Tombstone, Arizona — the town too tough to die — all you need for this scavenger hunt is a local graveyard, with plenty of foot or driving paths, to find these items

1. American flag
2. An epitaph that reveals a man's profession
3. Angel statue
4. Bench
5. Column shaped tombstone
6. Cross
7. Eternity lantern
8. Family mausoleum
9. Fraternal order symbol (Masons, Knights of Columbus, etc.)
10. Heart shaped tombstone
11. Hourglass engraving
12. Lamb engraving
13. Praying hands engraving
14. Rounded tombstone
15. Star of David
16. Tombstone with the earliest date
17. Tombstone with the shortest name
18. Unmarked tombstone
19. Urn
20. War veteran



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Window Shop Hop

Instead of staying at the mall until it closes, go before it opens to take a walk with your friends and window shop. While you're there, look for the items on this list in the window displays.

1. Bedding
2. Book bag
3. Cowboy boots
4. China
5. Crib
6. Dress with sequins
7. Laptop
8. Leather planner
9. Lingerie
10. Photo album
11. Purple tie
12. Red high-heeled shoes
13. Red purse
14. Sofa
15. Stereo
16. Television
17. Toy train
18. Tux
19. Wagon
20. Diamond watch



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10 Week Walking Program Individual Weekly Totals

Write number of steps for each day of the week and tally each week

Walk Participant: _____

Walk Location: _____

		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Wkly Total
Week 1	Goal								
	Actual								
Week 2	Goal								
	Actual								
Week 3	Goal								
	Actual								
Week 4	Goal								
	Actual								
Week 5	Goal								
	Actual								
Week 6	Goal								
	Actual								
Week 7	Goal								
	Actual								
Week 8	Goal								
	Actual								
Week 9	Goal								
	Actual								
Week 10	Goal								
	Actual								

10-Week Total: _____

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10-WEEK WALKING PROGRAM

Walking Rally: Celebrating the 10-Week Milestone

The 'walking rally' is not the end of the program. It is a celebration of completing this ten-week milestone. Participants should celebrate their accomplishments, but also be encouraged to continue their walking program or perhaps launch into a different type of physical activity.

The main components of a walking rally are to:

- Celebrate and reward achieving the ten-week milestone as an incentive to continue walking. Encourage people to continue with their walking groups.
- Collect final week's walking logs in a central place. These logs can be used as chances for a lottery drawing.
- Have key participants share testimonies.
- Collect success stories.
- Provide certificates or other celebratory items.
(Mail to participants who did not attend celebration)
- Recognize and reward the walk leaders.

Suggest ways participants can sustain their walking program after the 10 weeks, such as:

- Joining other walking programs in the area (mall walking, American Volkssport Association, senior groups)
Note: You might want to invite representatives of other programs to this event to help participants learn about other groups who walk in their area.
- Using AARP's on-line walking programs (Route 66, Step Up to Better Health) visit web site at www.aarp.org/walking.
- Taking a "virtual journey" of their own—to someplace they would like to visit.
- Becoming a walk leader and starting their own 10-week walking program for new participants.

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Participant Survey

1. Since your involvement with the walking program, would you say you walk more frequently, less frequently or about the same as you did before participating in the program?

More frequently

About the same

Less frequently

2. Did you get a step counter/pedometer as part of your involvement in the walking campaign? Yes No (If No, go to Question No. 5)

3. In what ways was the step counter useful? (Check all that apply.)

Motivated me to move more

Helped me know my level of activity

Helped me with goal setting

Helped me to compete with others

Helped me to track my progress

Other (please specify): _____

4. On a typical day, how many steps do you take now? _____ (number of steps)

5. In a typical week, for exercise I walk _____ (number of days) for _____ (number of minutes).

6. Which features made the program successful for you? (Check all that apply.)

Step counter/pedometer

Walking with others

Weekly meetings/tips/etc., Touch points

Recording walking/Tracking steps

Kick Off/registration

Other (please specify): _____

7. How likely are you to continue walking for exercise?

Very likely

Somewhat likely

Not at all likely

Not sure

The following are for classification purposes only.

What is your age? _____ (years)

Are you...? Female

Male

In which state do you live? _____ (state)

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AARP Resources

AARP has several consumer publications available with the latest information on healthy eating, getting and staying active and preventing disease. Take a look at...

AARP Publications & Products:

Physical Activities Workbook (D561). Too busy to exercise? This workbook shows you how to add physical activity to your daily routine without disrupting your schedule or lifestyle. You'll learn how to get motivated, start safely, set goals that meet your health and fitness needs, develop a support network, and tackle roadblocks. Also available in Spanish: **Actividades físicas** (D18633). Free.

Men: Stay Healthy at 50+, Checklists for Your Health (D19005). (**Spanish – D19110**)

Women: Stay Healthy at 50+, Checklists for Your Health, (D19006) (**Spanish – D19111**)

Use the checklists in this flyer to help you stay healthy at 50+. The checklists help answer your questions about what daily steps you can take for good health, whether you need medicines to prevent disease, and which screening tests you need and when to get them. Free.

Online resources:

Step Up to Better Health with AARP's free online walking program. Clip on a step counter; choose an Internet trail, and start walking. Track your steps along one of four famous virtual American trails—Lewis and Clark, Alaska Highway, Highway 50, or the Appalachian Trail. Or try AARP's **Get Fit on Route 66**--a free online physical activity adventure that will inspire you to be more active. Convert your exercise minutes to miles on a virtual journey along America's most famous highway. Visit our website at www.aarp.org/walking.

Keep Active: Get Movin' at 50 Plus is an online course designed to show you some beginning exercises to get you started on the road to a fitter and healthier you. Visit the website at <http://www.aarp.org/learntech/wellbeing/Articles/a2003-04-23-keepactivesession1.html>.

General Health Information. A wealth of information on health and wellness, including fitness and healthy eating, can be found online at www.aarp.org/health. For up-to-the minute health and wellness news, information and tips, the AARP monthly health e-newsletter has it all. To subscribe, log on to: www.aarp.org/emailnews.

Healthy behaviors articles can be used at "weekly touches" or other walking events. They can be downloaded directly off the AARP website: www.aarp.org/fit.

To order a step counter call 1-800-861-0168

To order: call 1-888-OUR AARP or write to AARP Fulfillment, 601 E Street, NW, Washington, DC 20049. Include title and stock number.

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AARPSM

10 Week Walking Program

Certificate of Accomplishment

Is hereby granted to

In celebration of your completion of this milestone and your continued commitment to walking your way to better health.

Presenter's name

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