

A WALK TO BETHLEHEM



A church and community wide program to increase the health of body, mind and spirit.

10 Weeks of Walking with weekly devotions, scripture and health tips.

Adapted from a program created by Nancy Evans RN,BA

St. John Providence Neumann Parish

Scripture taken from the Holy Bible New International Version

The walk to Bethlehem is an imaginary walk that encourages walkers to increase physical activity, spiritual growth and cultural awareness. The aim is to enrich our health of body, and spirit by increasing our activity levels and prayer time.

As we consider the journey of Mary and Joseph and how their story led them to the manger in Bethlehem, we will also consider how our own personal faith journey leads us to Bethlehem. Acknowledging roadblocks and detours we experience, it is truly a gift to be able to walk towards Bethlehem as a community and to be intentional about the steps of our faith journey.

Anyone can participate in this journey regardless of age or physical fitness level. Each step that one takes contributes to our journey. The distance from central NL to Bethlehem Israel is 4639 miles/7465 kilometers.

How many steps is that? 9,278,000!! This is based on 2000 steps per mile.

What counts as a mile? *See attached information for steps/activities.*

Having a more active everyday lifestyle will foster positive mental, physical and emotional well being. ParticipACTION Canada's movement guidelines, recommends 150 minutes/week of moderate to vigorous physical exercise for adults 18-64+. Achieving the recommended 150 weekly minutes of moderate to vigorous physical activity makes "everything better"; it supports learning; reduces stress; helps students establish quality sleep habits, increase energy, boosts creativity.

Prayer and meditation can relieve stress, relieve worrying and open the mind to new understanding, thus having a significant impact on one's health. As you increase your physical activity, use some of this activity time to pray and meditate. The mind, body and spirit are intertwined and such activities continue to improve our health. A weekly Health Tip is included for information purpose only.

Log your activity and mileage/ steps and time weekly. Share with us at Holy Trinity Church. Email dol.hart@outlook.com or drop a note in the collection plate on Sundays, notify Rev. Robin on face book, leave a message @ 489-9364. Please include your activity, total mileage, steps or total time. Send in individually, as a group of friends or as a family.

Our progress will be in the weekly church bulletin and on face book.

Week 1 – New Beginnings:

“Now Mary arose in those days and went into the hill country with haste, to a city of Judah and entered the house of Zacharias and greeted Elizabeth. And it happened when Elizabeth heard the greeting of Mary, that the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit. Then she spoke out with a loud voice and said “Blessed are you among women, and Blessed is the fruit of your womb.” Luke 1: 39-42

How many of us can remember the excitement of that first day of school in the fall? Summer was carefree but we looked forward to seeing school friends again and meeting out new teacher. For many of us, we still look forward to starting an activity or restarting a fall routine. The anticipation of a new fall season with crisp vibrant colorful days and clear minds welcomes familiar routines. When we were children the story of Christmas seemed so far off in September. It seems shorter as the years pass.

As we begin our Walk to Bethlehem this fall, think of how Mary felt while she was carrying Jesus. Shortly after Mary was told she would bear the son of God, she went quickly to the hill country to visit her cousin Elizabeth. Mary’s life would change radically after Jesus was born.

Our lives also change radically with the birth of the Saviour. When we are reborn in Jesus, life is never the same. We begin the walk of faith for a lifetime. As we are transformed spiritually in our life of faith, the Walk to Bethlehem can also bring change and transformation. We can pledge to take better care of our body. Beginning a physical walk with stated and measurable goals, we will have more energy to accomplish those things that God has for us to do. Our physical, spiritual, and emotional life will change positively and we will affect our world and those around us in a positive way. As we begin our journey to Bethlehem, let’s begin by examining those things that help and hinder our progress.

Questions to ponder:

What hinders me from living a disciplined life?

Are there areas in my life that are disciplined or NOT? Are they physical disciplines or spiritual?

Is there something in my life – spiritual, physical or emotional that needs change?

Walk with God week 1

Thoughts for the Walk :

Health goal for the week:

Prayer concern:

Week 2 – *The Ripple Maker:*

Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the Kingdom and healing every disease and sickness:

Matthew 9:35

What does it take to change a community? A lifestyle? The World? Recall a time when you experienced a situation –i.e. people standing and listening respectfully, then from the crowd a brave soul breaks the silence and speaks or offers support verbally or financially in appreciation. Do others follow suit, is there a spirit of bashful thankfulness, a few tense moments or discomfort?

Jesus was perhaps the greatest ripple maker who ever lived. Everywhere He went He influenced behaviour for the good. His small group of disciples became ripple makers. We who believe in Jesus Christ are examples of the influence and courage of those early believers.

We all are capable ripple makers. Begin by influencing close friends, family and co-workers. A kind word, encouragement to make healthy lifestyle choices, join a study group, attend a worship service, take a walk are all positive ripples. Can we change the world? YES!! As we walk to Bethlehem we can pray for the people of different countries and cultures. As we walk to Bethlehem we can invite friends to walk with us. As we walk, we can speak words of hope and peace. That's what the ripple effect is all about: influencing our world (personal, local, global) in a positive way ... one person at a time. It worked for Jesus, the greatest ripple maker of all time. It can work for us!

Questions to ponder:

Am I a positive or negative ripple maker?

How can I influence my friends, family for good?

Is there someone I can ask to walk alongside me?

Walk with God week 2

Thought for the Walk:

Health goal for the Week:

Prayer Concern:

Week 3 – *Beautiful Feet*:

“How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, “your God reigns”.
Isaiah 52:7

Good News! I got the job! I aced an exam! The tumor is benign! My baby’s healthy! I won the election! My team won! I hit a home run! My covid test was negative!

There is nothing like the feeling of exhilaration when we receive good news. It lifts our spirits, puts joy in our step and sends immune enhancing endorphins into our blood stream. Nothing seems impossible when we receive good news!

Monumental news in the New Testament was frequently announced by the appearance of an angel. An angel came to Mary and announced the coming birth of the Saviour. (Luke 1:28) Two angels announced to the women who raced to the tomb on that first Easter morning that the Saviour had risen- (Luke 24:4-8). The women ran to tell the disciples the good news. Their feet were “How beautiful on the mountains are the feet of those who bring good news” Two thousand years later we are the proclaimers of that good news of the gospel here on earth. We can still tell the good news that God came to earth as a babe and His message of redemption, forgiveness, peace and love is still as relevant today.

Questions to ponder:

Have you received good news lately?

Have you given good news to anyone lately?

How I neglected telling good news to someone because of my busyness or preoccupation with the “stuff” in my life?

Walk with God Week 3

Thought for the Walk:

Health goal for the week:

Prayer Concerns:

Week 4 – Labor:

“While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn.” Luke 2:6-7

If you ever want to generate a lively, animated and lengthy discussion, simply ask a group of mothers about their childbirth experience. What a very special day it was when your child breathed their first breath! As mom and Dad, do you share this special moment with your children?

Luke, the physician, mentions the actual birth of Jesus, but do you wonder what it was like for Mary to birth the Son of God? Recall the awe and wonder of your children’s birth. The birth of Jesus was awesome in its simplicity and magnificent in its impact. How can we even comprehend the significance of God Himself coming as a defenseless, vulnerable baby, dependent on a very young woman and man for his physical well-being?

I wonder if Mary retold the story of Jesus’ birth to him on His birthday! What a story it would be- travelling on a donkey, searching for a place for the delivery, staying in a stable, the beautiful starry night, the shepherd visitors, the angels , and the visitors from the East. The story is the best story ever told! It is one that we need to treasure in our hearts and never dismiss as routine. “Mary treasured these things and pondered them in her heart.” (Luke 2:19). May we also treasure these things in our heart and never grow tired of retelling the story!

Questions to ponder:

What are some things I can do this coming Christmas season to allow time to treasure these things in my heart and ponder the significance of the birth of Jesus?

God thinks of me constantly. How often do I think of Him?

What percentage of my day is spent on enriching my relationships with family and friends?

Walk with God week 4

Thoughts for the Walk:

Health goal for the week:

Prayer Concerns:

Week 5 Family

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” Galatians 5;22-23

When we think of visitors along the road or helping strangers, we usually think of the Good Samaritan in Luke 10. We can all somehow relate to that story. As Newfoundlanders, it is said that no one is a stranger, all are friends. All are welcome, part of our family.

When the angel of the Lord told Mary that she was to birth the Son of God she “got ready and hurried to a town in the hill country of Judea where she entered Zechariah’s home and greeted Elizabeth.” (Luke 2:39,40). Mary needed the support of her family.

As Jesus’ ministry developed He formed a new family - bloodlines and family trees are no longer required to be part of the family of God. Jesus has “cleansed us from all unrighteousness” (1 John 1:9) and has allowed us to enter into fellowship and relationship with God Himself and with other. May we all strive to develop those relationships with God our Heavenly Father and with our fellow brothers and sisters in Christ.

As you walk this week ask God to help you see others as he sees them. He will show us the hurting of the world and fill us with His compassion and love.

Questions to ponder:

Take a moment to examine your friendships. Are they superficial or deep?

Do you have a friend you share personal struggles and joys with?

Have you ever unexpectedly and spontaneously helped a stranger? How did you feel?

Walk with God week 5

Thoughts for the Walk:

Health goal for the week:

Prayer Concerns:

Week 6 – Being Awakened!

Let us go now to Bethlehem and see this thing that has happened.” Luke 2:15

Have you ever experienced the quietness of nature – the silence more pronounced by the occasional whisper of the wind or the chirping of a bird?

I wonder was this the quality of silence that the shepherds experienced every night on the hillsides surrounding Bethlehem. Their lives were steeped in silence and the wonder of God’s starry splendor. Their mission in life was to protect the sheep. The shepherd’s eye was always on the sheep, especially in the darkness of night. The sheep knew the shepherd’s voice and responded when he called. How fitting that the first ones to hear the Good News were the shepherds. The birth of the Good Shepherd was first announced to the shepherds on the Bethlehem hillside. Image that night – the silence penetrated by a light show, a multitude of angels breaking the stillness, the intensity of the light, the echoing of creation in the voices of the angels, the shepherds filled with awe and wonder.

It had started as a typical work night, like so many other nights on the hillside, the quietness, watchfulness and silence. Then suddenly, everything was different. The routine was shattered and life on planet earth would never be the same again!

Questions to ponder:

When has God broken through my routine and filled me with awe and wonder?

Am I too mesmerized by the routines and busyness of daily life to notice?

What steps can I take to open to the voice of the Good Shepherd?

Walk with God week 6

Thought for the Walk:

Health goal for the week:

Prayer Concerns:

Week 7 The Light of the World

“the people walking in darkness have seen a great light: On those living in the land of the shadow of death a light has dawned.” Isaiah 9:2

Photophobia- described as the inability to tolerate light, affects many individuals. One of the primary causes of this condition is the presence of cataracts. Cataracts cloud vision and cause sensitivity to light. Corrective surgery is a relatively routine procedure today and most who have the surgery are amazed at how clearly they can see post surgery. Many did not realize how clouded their vision had been and are amazed at the clarity of sight after surgery.

The shepherds were overcome with awe and wonder when they saw the light of a multitude of angels. This light did not blind them, they saw clearly and reacted appropriately. Are there times when our vision seems cloudy and we can't tolerate the Light of Truth? Cloudy vision in our faith walk prevents us from discerning God's call, recognizing the Shepherd's voice and moving forward in faith. We can protect our physical eyes by wearing sunglasses, but time spent in God's Word, in prayer and worship help to maintain spiritual vision.

When physical vision is cloudy, we shrink from the light. When physical vision is clear and healthy we welcome the light. When our vision is compromised, we prefer to remain in the dark. May we always have a clear vision and a desire to be close to the Light of Christ!

Questions to ponder:

What's the darkest place you've ever been? The brightest place?

Does physical brightness and darkness affect your mood?

What steps can you take to improve your spiritual vision?

Walk with God Week 7

Thoughts for the Walk:

Health goal for the week:

Prayer Concerns:

Week 8 – Prince of Peace

“For unto us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, everlasting Father, Prince of Peace.”

Isaiah 9:6

The imaginary Walk to Bethlehem is almost complete. It is ironic that Bethlehem, the tiny town where Jesus was born, is now the center of division, barbed wire and threatening conflict. And yet, He is the Prince of Peace. Because He brings light, life and peace into a very dark world, there is tension. The Light in the darkness creates the tension. He came to break through the darkness and he continues to do so. What a comfort it is to cling to these words from Isaiah which remind us that He is our Wonderful Counselor, Mighty God, Everlasting Father and Prince of Peace.

Would we live differently if we reminded ourselves on a daily basis that Jesus Christ is all of this? When darkness surrounds us, when we are overwhelmed with an important decision, when our world seems to be falling apart, how differently would we react to these situations if we consistently repeated from Isaiah: Wonderful Counselor, Mighty God, Everlasting Father and Prince of Peace!

As we walk this week, may we reflect on this description of the Messiah. Our prayer can be that the world will take note at this Christmas time of who Jesus is. May the Truth of the Christmas message break through the superficiality of the shopping frenzy and credit card debt. May we all have an opportunity to bring the Wonderful Counselor, the Mighty God, the Everlasting Father and The Prince of Peace to everyone we meet this Christmas season.

Questions to ponder:

Reflect on our world. What areas of the world need special prayers at this time?

In what ways can Jesus be our Wonderful Counselor? Through what means does He counsel us?

Think of times when you have felt the peacefulness of God. What were the circumstances?

Walk with God week 8

Thoughts for the Walk:

Health Goal for the week:

Prayer Concerns:

Week 9 – Heavenly Parenting (Abba, Father):

“Because you are sons, God sent the spirit of his Son into our hearts, the Spirit who call out, ‘Abba, and Father’ So you are no longer a slave. But a son; and since you are a son, god has made you also an heir.” Galatians 4:6

Some say that being a parent is the most difficult of all jobs, but those who are parents can see a glimpse of the heart of God. Only the creator of the universe could have created a structure called “the family” that would mirror His own love and concern for us, His children.

Parenting involves watching children experience victories and defeats – the victories make our heart soar, the defeats leave us in anguish. Children grow, given more responsibility and parenting becomes more challenging – parenting from a distance. As our children become adults, parents enter their lives with great care and wisdom. It’s here that those foundational relationships bear fruit and for many, continue as we grow and revel in the experience of grandparents.

Heavenly parenting is similar. Our Heavenly Father cheers us when we experience victory, encourages us when we’re struggling and He is always present. (Psalm 139). He anguishes when we suffer and promises to always be with us.

How do we treat our Heavenly Father? Does He long to hear from us, to be in communion with us, to have us acknowledge Him? Earthly parents understand these feelings, struggles, joys and longings. It is a lesson in relationship and love. Earthly parents extend love to all their children in amazing ways, just as our Heavenly Father extends love to all the family of God. May we seek our Heavenly Father, turn to Him for guidance and enter His presence with thankful hearts.

Questions to ponder:

The parent/child relationship – what is your idea of a good parent, of a good child.

Are there persons in your community you can include in your family?

Do you know of someone in need of love/support in your church family?

Walk with God week 9

Thoughts for the Walk;

Health goal for the week.

Prayer concern

Week 10 – A Promise Fulfilled:

“Sovereign Lord, as you have promised, You now dismissed you servant in peace. For my eyes have seen your salvation, Which you have prepared in the sight of all people. A light for revelation to the Gentiles. And for Glory to your people Israel.” Luke 2: 29-32

Waiting is becoming increasingly unacceptable in a society that prides itself on instant results. Our technology has advanced in the 21st century, but the impatient, “I want it now” may always have been a part of our human experience. Some people are better at waiting than others.

Through the ages, God promised Israel the hope of a Messiah. The book of Isaiah which was written 400 years before the birth of Jesus, refers repeatedly to the coming of the Messiah. People waited. As the years passed, the excitement must have grown. Scripture tells us of Simeon, a man of advanced years. (Luke 2:25). He was full of the Holy spirit and “it had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord’s Christ”(Luke2:26). When Jesus’ parents brought Him to the temple, Simeon was there waiting for Him. When Simeon saw the child Jesus, he took him in his arms and praised God!. Simeon knew that the promise of the Messiah had been fulfilled. He was holding that promise in his arms. The waiting was over. The Messiah had come! Now Simeon could depart in peace.

As we celebrate Christmas, may we be in awe of the birth of the Messiah, which occurred over two thousand years ago. May we remember that God’s promises are always fulfilled. “Behold, I am coming soon. Blessed is he who keeps the words of the prophecy in this book. (Revelation 22:7)Two thousand plus years is a long time to wait. May we never underestimate the magnitude of the promise that Jesus will return. May we live each day as Simeon did – in righteousness, devotion, and expectation.

Questions to ponder:

What happens when we become weary of waiting? How do we behave?

What is the most difficult thing you ever had to wait for? Are you waiting for something now?

Can you compare the birth of a child with the second coming of Christ?

Walk with God Week 10

Thoughts for the Walk:

Health goal for the week:

Prayer Concern:

Week 1 Health Tip: Gauging Intensity of Exercise

The intensity of your physical activity is key to determining into which category it will fall.

Adding up steps and miles to better health includes a variety of activities.

Gauging intensity of activity by how you feel:

Physical activity is any movement that increases your heart rate and breathing. Being physically active improves your health and well being. There are different levels of intensities of physical activity based on how hard your body has to work.

Lifestyle/Light Physical Activity: Light intensity activities are those that require standing up and moving around, either in the home, workplace or community. These activities require the least amount of effort physically, are less demanding and more tolerable for persons with chronic or physically debilitating conditions such as rheumatoid arthritis. The most common form of this activity would be house work, yard work, taking the stairs.

Moderate Exercise Intensity: This may be where you begin this walk. Here are clues that your exercise is moderate: your breathing quickens, but you are not out of breath; you sweat slightly after about 10 minutes of activity; you can carry on a conversation, but you can't SING!

Vigorous Exercise Intensity: Vigorous activity feels challenging. Your breathing is deep and rapid. You develop a sweat after a few minutes of activity. You can't say more than a few words without pausing for breath. i.e. You are really pushing yourself! or you are a conditioned athlete.

Week 2 Health Tip: Nutrition

Good nutrition builds strong bodies that lead to being whole people better connected to God. What you eat matters. Whatever your eating habits are now, you can increase your understanding of how food affects your overall well-being, learn to make smart food choices and develop health eating habits. Canada's Food Guide is an informative tool to help you on your way.

The guide recommendations include: being active, eat well, read the label, limit trans fat.

Read the Label: compare the Nutrition facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium. Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition facts table.

Week 3 Health Tip: Caring for your feet

Be good to your feet. Look for signs of redness or blisters. This may indicate that your shoes do not fit properly. Wash your feet daily - Dry Well, especially between your toes. If applying moisturizer to your feet DO NOT apply between your toes. Do not soak your feet. Change socks daily. Buy shoes late in the day as feet tend to swell. Closed toed shoes protect your feet from injury.

Everything we do and every movement we make involves our joints. Taking care of our feet and getting them moving properly is good.

Week 4 Health Tip: Coping with stress

Most of us feel our stress levels increase as we prepare for Christmas. Many of us think we have a full life and the Christmas season is here – with shopping, baking, decorating and family /group get togethers. For some of us there are feelings of anxiety about increased family gatherings, for some there are feelings of depression for what we don't have or for those who are no longer sharing this special time with us. Stress refers only to how our body reacts to stressors – different external inputs. Stress results in both physical and emotional responses, affecting most of our body systems. It can cause our blood pressure to rise, our mouth to go dry, our muscles to clench and many other physical symptoms. It can affect the way we react emotionally. Some stress is good for us and motivates us. Signs that stress has gone too far include emotional distress, sleep disturbances and difficulty concentrating. At times, it is our interpretation of the stressor and the number of other stressors we are experiencing at the same time that may result in our response to these stressors.

Christmas may be stressful for you to some extent. Think about what are the most stressful parts, then decide how you can relieve these stressors. Find what works best for you, appraise or re evaluating the situation and what you are doing, what is causing the stress. Prayer and meditation will help the situation. By planning in advance, you can reduce the impact of potential stressors you will experience during the Christmas season. By being focused in advance on what you can control and manage differently and sharing the burden in prayer, your Christmas can be less stressful and more spiritual.

Week 5 Health Tip: Making time for yourself

Making time for yourself is important in this busy world. It is very easy to get caught up with tasks and things, rather than taking time for contemplation and prayer. Both of these activities along with physical activities can help us relax and impact of our physical bodies, i.e. lower blood pressure. Think about what tasks you are doing which may be optional or can be done by

someone else. Delegate tasks – to children, grandchildren, spouse, use the resulting free time for yourself, opening up to God’s plan and direction for you.

Week 6 Health Tip: Sleep Hygiene

Sleep hygiene refers to things you can do to foster good sleep habits for yourself. Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations. Establish relaxing bedtime rituals, such as reading, listening to music or relaxation exercises. Make your bedroom quiet and relaxing. Do not eat, watch TV, or use your computer or iPad in bed. Keep the room at a comfortable, cool temperature. Don’t eat a large meal before bedtime, a light health snack is more beneficial. Avoid consuming caffeine after supper, reduce your fluid intake before bedtime.

Week 7 Health Tip: Vision and eye protection

We may not think about our eye needs while exercising but it is an important consideration. Outdoor activities require sunglasses that provide UVA and UVB protection. In some sports, glasses protect the eyes. Prescription glasses provide a sharper image, even in poor light conditions. Vision changes overtime and can cause symptoms such as off balance. When you wear glasses, the size of your visual world changes – getting bigger or smaller depending on whether you are far or near sighted. Your brain has to recalculate the ratio between the amount of head movement/the amount of eye movement. This is why sometimes you might have trouble adjusting to new glasses. Keep your glass lens clean. Smudges can be distracting. Having regular eye exams is a major part of keeping your eyes healthy.

Week 8 Health Tip: Response to Trauma

Trauma triggers are experiences that remind someone of a traumatic event. They can involve anything from sensory memories like smells or sounds to certain places, people, activities, or conversations. Triggers may be expected or unexpected, conscious or unconscious. These responses can vary greatly from Physical symptoms – shortness of breath, racing heart, muscle tension, nausea; to Emotional – anger, irritability, fear, anxiety, shame, depression, feeling numb; to Hyperactivity – easily startled, insomnia, feeling on edge, trouble concentrating; or Avoidance – withdrawing, “spacing out”, urge to flee/escape. Triggers are *normal* responses to abnormal (traumatic) experiences. While certain behaviours in response to anger may be unacceptable, trauma survivors need space to feel and express intense emotions. There is no “right” amount of time for people to “get over” their trauma triggers, each journey is unique to each individual survivor. Being supportive, compassionate and nonjudgmental goes a long way .

Week 9 Health Tip: Hearing

As one of our most important senses, the ability to hear enables us to connect to the world for many very important, even vital reasons. Most importantly, hearing connects us to people enabling us to communicate in a way that none of our other senses can achieve. Hearing has more to do with the act of hearing sounds than it does with making sense and connecting with the person who's talking to you.....Listening, on the other hand, means "to pay attention to sound, to hear something with thoughtful attention and to give it due consideration". Hearing is an involuntary physical ability involving the ears. No conscious effort is required. As one of the five senses, hearing happens all the time and is the involuntary receiving of sound vibrations or waves through our ears. Hearing is MUCH easier than Listening for most of us.

Week 10 Health Tip: Positive Attitude

A positive attitude is a state of mind that allows you to envision and expect good things. It does not mean living in denial of the negative situations around you. The benefits of a positive attitude include anticipating happiness, health, success and opportunities. It helps you cope more easily with the daily affairs of life, bringing optimism and making it easier to avoid worries and negative thinking. People with positive attitudes remain hopeful and see the best even in difficult situations.

Sometimes it's the journey that teaches you a lot about your destination. Drake

Thank you for participating in our Walk to Bethlehem program. We hope you enjoyed participating! May this experience help you feel closer to God and better prepared during the Advent Season. We hope you have also experienced health benefits from this walk that will become a permanent part of your daily routine.

These activity conversions are resourced from research by the University of British Columbia and the University of Wyoming. These step equivalents are based on Lifestyle/Light physical Activity: **Lifestyle/Light physical Activity: 30 minutes = 1 mile**

Aerobic Dance	30 minutes = 2 miles
Badminton	30 minutes = 2 miles
Basketball	30 minutes = 2 miles
Bowling	30 minutes = 1 mile
Gymnastics	30 minutes = 1 mile
Hockey	30 minutes = 3 miles
Housework	30 minutes = 1 mile
Martial Arts	30 minutes = 3 miles
Skating	30 minutes = 2 miles
Skiing (Cross Country)	30 minutes = 2 miles
Snowboarding	30 minutes = 2 miles
Snowshoeing	30 minutes = 2 miles
Soccer	30 minutes = 2 miles
Swimming	30 minutes = 2 miles
Volleyball	30 minutes = 1 mile
Yoga	30 minutes = 1 mile

Report your miles for the Walk to Bethlehem

30 minutes of moderately intense activity is equal to 1 mile for our virtual walk.

Drop this form in collection plate each Sunday or email dol.hart@outlook.com or leave a message @ 489-9364 Please indicate if miles walked Individual, family or group walk

Week _____

Miles walked _____

Week -----

Miles walked _____

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