

Registration for Walk to Bethlehem

Are you registering for yourself or for a family?

Individual Registration Family Registration

Name(s) First and Last

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

Email address: _____ Phone: _____

I acknowledge that I have elected to participate in an activity that includes risk of injury. I agree to take safety precautions and hereby release Divine Mercy Parish and The Diocese of Manchester from any injury or damage I may suffer as a result of my voluntary participation in this activity.

Yes, I agree to the above statement

Yes, I agree to the above statement on behalf of my family.

Signature _____ Date _____

Signature _____ Date _____

Walk To Bethlehem

Welcome to the Divine Mercy Parish *Walk to Bethlehem!* Our 13 week walk is designed to increase the physical, spiritual and emotional health of all participants. We will exercise our physical body by walking or other activities; exercise our spiritual body by praying; and exercise the mind by learning about countries and cultures.

This “imaginary” trip to Bethlehem will begin on Sunday, October 1st and end on the feast of Epiphany, January 6, 2018. Like the other travelers from afar, we will complete our journey to worship the Christ Child on this feast day.

All exercise counts as miles. Twenty minutes of physical activity equals one mile. Examples of eligible exercise include: walking, jogging, swimming, golfing, biking, using gym equipment, weight machines and physical therapy/cardiac rehab.

Our pilgrimage to Bethlehem is all-inclusive. We want all of our parish family to join in.

- ❖ For individuals with limited mobility, Armchair Aerobics is a wonderful activity. Many You Tube videos are available such as Anne Pringle Burnell. In addition, time spent praying can count as mile – 20 minutes of praying equal one mile.
- ❖ You can participate no matter where you live. Seniors in long term care can also participate. The journey provides an opportunity to join the parish family in a fun activity.
- ❖ If you do not want to journey alone, forming a small group to walk and pray is a great option. Friendships develop in these small groups, faith grows, needs are addressed, people are cared for and lives are changed. Walk, talk and pray! Isn't that what Jesus and his Disciples did on a daily basis? Let's follow His example.

When we “arrive” in Bethlehem on the Feast of Epiphany, our gifts for the Christ Child will not be gold, frankincense and myrrh but stronger bodies, a deeper spiritual life and an increased sense of community within our parish.

So let's begin! You will find more information and resources in the following page.

How the *Walk To Bethlehem* Works

- ❖ Register and sign the form. Forms and helpful information are available on the church website <http://www.divinemeracynh.org> under “special notices” Only one form is needed per family. The signed form can be left at the church in a dedicated box in the Narthex.
- ❖ Read the devotion of the week (also available on the church website) and consider the questions to ponder. Think and pray about these things as you engage in your activity that week. You also are free to have your own agenda of prayer and meditation.
- ❖ Start recording the miles you complete each day, starting 10/1. You can use the tracking form included in the packet or download the form from the church website.
- ❖ Each week, report your total miles for the week so the total for the parish can be calculated. This is how to report miles; if the Smith family has 2 of their family members participate you would report Smith-2 /10 miles. Report how many members participated in a given week and then only the family total is needed. The first date to report miles is 10/8. You can report miles by emailing dmparishnurse@gmail.com or leaving them in the box at church. Please do not report miles to the office.
- ❖ Progress on our walk will be shared each week on a map in the Narthex. The first report will be on the weekend of 10/14&15 so be on the lookout for the map.
- ❖ As we travel to Bethlehem, we will have information to share on the counties we visit. The entire trip is roughly 6000 miles.
- ❖ Enjoy participating in this Divine Mercy Parish journey, traveling to Bethlehem!

TIPS FOR BETTER EXERCISE

Before Exercise:

Apply heat or cold treatments

Do a 10-15 minute warm up with gently ROM and strengthening exercises



Wear comfortable clothing and shoes



During Exercise:

- Exercise at a comfortable and steady pace
- Breathe in (inhale) as you reach, and breathe out (exhale) return to neutral. You may need a complete breath (in and out) between repetitions.

Stop exercising if you have chest tightness or severe shortness of breath or feel dizzy, faint, or sick to your stomach

- Know your body's normal reactions to exercise-you may experience an increased heart rate, faster breathing, and tense muscles as your body adapts to your new activities
- Use the two-hour rule: if joint or muscle pain continues for two hours after exercising, you've done too much or moved too fast

After Exercise:

Do your exercise activity at a slower pace for 5-10 minutes followed by gentle stretching.



HOW TO GET STARTED

- Always consult with your physician before beginning any type of exercise program.
- Start your program with ROM and strengthening only. Gradually implement an endurance segment. Start with a 5-minute program 3 times a day and gradually build to a total of 30 minutes three or more days per week.
- Try exercising at different times of the day until you decide what works best for you.
- Don't do strenuous exercises just after you eat or just before you go to bed.
- Try to do range-of-motion exercises daily and strengthening and endurance exercises every other day. If you miss a day start where you left
- off. If you miss several days, you may need to start again at a lower level.
On days you don't feel like doing much, do a little.



SIGNS OF OVEREXERTION WHICH SAY SLOW DOWN IMMEDIATELY ARE:

- Chest pain or difficulty breathing (CHEST PAIN IS A SIGN TO STOP)
- Cramps or stitches in your side
- Red face
- Pale or blanched face
- Profuse sweating
- Facial expression signifying distress
- Extreme tiredness
- Fatigue or joint pain that lasts two hours after exercising (greater than before start)

Steps for Walking Success

Doris Fountain, RNC, CDE



When starting an exercise program, it is important to look at your reasons for increasing activity. In the introduction to a new book, *Walk with Ease*, The Arthritis Foundation lists eight benefits of walking: strengthening the heart and lungs, nourishing joints, building bones, fighting osteoporosis, burning calories, helping control weight, reducing stress, and boosting energy. Some of the principal reasons people select walking instead of other options are:

- it is inexpensive
- requires little or no experience,
- it is convenient and fun,
- is safer than most other forms of aerobic exercise.

The best first step toward success with any walking program is to have a plan. That plan should include making certain that you have a well-fitted pair of shoes. Many do not realize that feet are continually changing in length and width.

Tips on selecting proper fitting shoes :

- Have someone trace an outline of each of your feet while you are standing on blank paper. Use this outline to be sure the shoes will match your foot as closely as possible.
- Have both of your feet measured each time you buy shoes and buy shoes to fit the larger foot. Stand up while having your feet measured.
- Try to buy shoes at the end of the day when feet are at their largest because they swell during the day.
- Shoe size may vary from brands and styles. Try on both shoes with the type of socks you would normally wear with them before you buy.

Select a shoe that conforms as closely as possible to the shape of your foot. Shoes should be fitted carefully to the heel as well as the toes.

- Do not buy shoes that are tight, expecting to “break them in.” Good shoes feel good the first time you put them on.
- Walk around in shoes before you buy them.
- Shoes should have adequate insole cushioning, padded extension around heel cord, stiff heel counter, out flared heel for added stability with each step, padded ankle opening, good longitudinal arch support, and a flexible sole.

Warming up and cooling down are essential components for success.

Walk with Ease suggests a **five-step basic walking pattern**. This pattern is helpful whether you are walking 10 minutes or 30 minutes.

- Start walking at a slow pace to warm up.
- Gently stretch the muscles you are using (mostly the legs).
- Speed up (even a little may be enough).
- Slow down.
- Stretch the muscles you used (mostly the legs).



Walk to Bethlehem-Miles record

	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
Name	Miles	Miles	Miles	Miles	Miles	Miles	Miles
Totals							
	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
Name	Miles	Miles	Miles	Miles	Miles	Miles	Miles
Totals							
	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
Name	Miles	Miles	Miles	Miles	Miles	Miles	Miles
Totals							