

Hearts in motion™ WALKING CLUB

A step in the right direction - Hearts in Motion™ Walking Clubs

The Hearts in Motion™ Walking Club is a Heart and Stroke Foundation program designed to encourage people to participate in regular physical activity by walking. The program encourages participants to walk at their own pace in a safe and social environment.

Lack of physical activity is recognized as a major risk factor for heart disease and stroke, which is Canada's leading cause of death. Walking is an easy and sociable activity that can be enjoyed by people of all ages.

For an annual \$10 membership fee, participants that join the Hearts in Motion™ Walking Club will receive:

- ♥ A handbook full of tips on getting started safely
- ♥ Personal activity cards to record distances walked
- ♥ Awards to recognize personal milestones
- ♥ Bi-annual newsletter with helpful information and nutrition tips
- ♥ New incentive prizes every year
- ♥ And the opportunity to make new friends

The Hearts in Motion™ Walking Club recognizes that each community is distinct and has access to different resources. As a result, the design of the program allows a community to adapt it to their own particular needs. This gives the Hearts in Motion™ Walking Club the flexibility to work in any community.

Partnering with the Métis Nation British Columbia

The Heart and Stroke Foundation of BC & Yukon will provide materials for communities wanting to make the Hearts in Motion™ program part, or all, of their ActNow BC program. The ActNow BC grant funding can be used to pay the \$10 membership fee for participants, purchase pedometers or other items to support the Walking Club, paying someone to be the Walking Leader, facility rental or other items to make your project a success.



**HEART &
STROKE
FOUNDATION
OF BC & YUKON**

Finding answers. For life.

