

WELCOME TO THE WALKING PROGRAM

MVSKOKVLKE NENE HVKOCE

What is the Walking Program?

The Walking Program is an annual incentive-based program to encourage the Native community to be more physically active year-round. Program participants will complete a pre MicroFit assessment with Health & Wellness staff at a local Diabetes Clinic or community sign-up event now – February. Post-MicroFit assessments will be taken in July and August. Participants can complete a post-MicroFit assessment after 10 weeks for those who feel they have reached their goal. However, participants can only complete one post-Microfit assessment.

Who can participate?

- Muscogee citizens
- Natives living within the Muscogee Nation Reservation
- Muscogee Nation tribal and health employees
- Non-native spouse or parent of a Native Walking Program participant
- Participants must be 12 years of age or older

How can I sign-up?

Participants can sign up by contacting their Health & Wellness staff person by phone or email, or by attending a local community sign-up event. *Note: 2023 Walking Program participants that completed a post-MicroFit assessment will only require an updated weight for you to sign-up for the 2024 program.*



POINT SYSTEM

Participants will receive an overall Fitness Score after completing the pre-MicroFit assessment.

| LEVEL FOR PRIZES | INCENTIVE PRIZES |
|---|--|
| Improve your overall Fitness Score by 5 points or more | <i>Examples of prizes may include:</i> Long Sleeve Shirt, Hoodie, Hat, Beanie |
| Improve your overall Fitness Score by 10 points or more | <i>Examples of prizes may include:</i> Duffel Bag, Premium Tumbler, Massage Gun |
| Improve your overall Fitness Score by 15 points or more | Shoe fitting with shoes from Fleet Feet (\$100 Voucher) |

1-point bonus towards your post fitness score

Join us for exciting events like 5Ks, community-led exercise walks or classes, the Muscogee Nation Festival, Senior Games, the Diabetes Summit, and more. Attending any of these events will earn you 1 bonus point per event.

Note: The maximum amount of event bonus points you can receive is 5.

5-point bonus towards your post fitness score

If your BMI is greater than 25 on your pre-Microfit assessment, losing 7% of your weight will improve your weight loss and earn you 5 bonus points.

FOR MORE INFORMATION, CONTACT:

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