

## Wisdom Steps - Preventive Health for American Indian Elders Health Walk Incentive Plan:

1. Set your walking goals at a distance you really have to work hard to achieve.
2. Schedule the amount of hours you are going to exercise.
3. I will walk \_\_\_\_ steps/miles and/or I will exercise \_\_\_\_ hours.
4. Be honest with yourself.

Name: \_\_\_\_\_

Incentive Year: \_\_\_\_\_

Begins - May 1, \_\_\_\_\_

Ends - April 30, \_\_\_\_\_

May  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

September  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

January  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

June  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

October  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

February  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

July  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

November  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

March  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

August  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

December  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

April  
Week Steps/Miles/Hours

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Your Goal:

Total steps/miles walked \_\_\_\_\_

Total hours exercised \_\_\_\_\_

Turn in your mileage/hours card.  
Everyone can participate — the  
bed ridden, wheelchair, walker  
users, joggers and walkers.

Elders will be recognized for  
reaching the incentive goals that  
they set for themselves.

## A healthier you .....

Start a walking program.  
Start a weekly exercise program.  
Set high yet achievable goals.

### "Our Elders, Our Teachers"

Take a young person with you to  
your exercise program or walk.  
Teach them the...

Language,

Customs,

Family History

Nature.... or just  
get to know each other.

*A partnership with the  
Minnesota Board on Aging and  
American Indian Communities.*



# Health Walk



## We Walk, Many Together