

# River Bend Parks and Recreation

## 8-Week Individual Walking Trail Challenge

**Put your walking plan in motion!**

Remember, you are competing against yourself – not anyone else – so start slowly and gradually build up both the number of times a week you walk, as well the number of laps you complete.

- Step 1:** Make week 1 your baseline week. Each week there after, try to gradually increase your weekly total by at least 10%.
- Step 2:** At the beginning of each week, decide the days you want to walk that week.
- Step 3:** Set a goal for number of laps (small lap = .25 miles, long lap = .35 miles) for each day you plan to walk
- Step 4:** Total your laps at the end of each week.

**Walkers who submit a completed Walking Challenge Post Card or Challenge Goal Sheet will be recognized at the River Bend July 4<sup>th</sup> Celebration held on Saturday, July 3d at Town Hall and Commons.**

Send your completed Walking Challenge Goal Sheet to:  
River Bend Parks and Recreation, 45 Shoreline Dr., New Bern, NC 28562

Or drop it off in the box marked **Walking Trail Challenge** at Town Hall by **Wednesday, June 30**.

Develop your own physical activity program. The American College of Sports Medicine recommends the following components of any exercise program, particularly for older adults:

- Incorporate moderate activities for a goal of 30 minutes, at least 4 days per week
- Include warm-up & cool down with each workout
- Perform strengthening activities at least 2 days per week
- Incorporate balance activities into daily activities
- Questions [rbparksrec@gmail.com](mailto:rbparksrec@gmail.com) or 514-2936



# River Bend Parks and Recreation Walking Trail Challenge Goal Sheet

## 8-Week Individual Walking Program

Write number of S or L laps for each day of the week and tally total laps for each week  
(Short lap = .25 mile, Long lap = .35 mile)

		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Wkly Total
Week 1	Goal								
	Actual								
Week 2	Goal								
	Actual								
Week 3	Goal								
	Actual								
Week 4	Goal								
	Actual								
Week 5	Goal								
	Actual								
Week 6	Goal								
	Actual								
Week 7	Goal								
	Actual								
Week 8	Goal								
	Actual								

Name \_\_\_\_\_ Address \_\_\_\_\_

8-Week Challenge Total \_\_\_\_\_

Return completed sheet to River Bend Town Hall by Wednesday, June 30.