



Hello,

Enclosed is your walking kit! This kit will help you lead a group - civic organization, neighbors, co-workers, or family members - to take a 6-week walking challenge. The challenge can occur at any time of year and members can walk independently, in pairs, or as a group. Members track either steps or minutes. Your group decides its own "rules" and what's best for the members.

The kit has everything you need:

- CD with print-ready documents
- Sample copies of the documents - Kick-off Poster, Leader Training Outline, Step-by-step Leader Guide, Member Guide, Health Form, and Member Handouts

Look over the materials. Print a copy of the Member Guide, Health Form, and handouts for each person in your walking group. Now, you're ready to get together!

In the future, the West Virginia on the Move™ organization will maintain the kit on their website in a downloadable format. This is a collaborative project between WVOM™, the West Virginia University Extension Service and the West Virginia Community Educational Outreach Service to promote healthier lifestyles across the state. You are an essential part of our effort.

Thank you so much!

Sincerely,

Elaine Bowen  
WVU Extension Specialist – Health Promotion  
[Elaine.Bowen@mail.wvu.edu](mailto:Elaine.Bowen@mail.wvu.edu)  
304-293-8584