

# **Walk to Jerusalem**

**What?** Walk to Jerusalem is a 12-week exercise program to promote physical and spiritual well-being. It started as a program parish nurse health team ministry at Lake Shore Presbyterian Church in St. Clair Shores, Michigan in 2002. The goal is for participants to accumulate enough miles of exercise to walk from Blacksburg to Jerusalem by Easter. That's 6115 miles and will take us through New York, Morocco, Algeria, Tunisia, Libya, Egypt & Israel!

**How?** You can either count the miles that you walk or run, **or** 20 minutes of any aerobic activity (e.g. swimming, biking, cardio machines, team sports, tennis, etc.) equals 1 mile of walking/running. Keep track of your miles (to the nearest ¼ mile) on the Physical Activity Log and e-mail your totals to Beth Abbey ([eabbey@vt.edu](mailto:eabbey@vt.edu)) each week or report them on the record chart at church.

**Who?** Anyone! We will be joining several other local churches (i.e. Northside Presbyterian, Christ Episcopal, Luther Memorial, Blacksburg Baptist, St. Mary's Catholic, and Blacksburg United Methodist) to see who can do the most miles. We encourage you to use this program as an opportunity to exercise as family, with friends and co-workers, with people in your neighborhood group, and with other church members.

**When?** Participants can officially start keeping track of their miles on **Sunday, December 30<sup>th</sup>** and finish on **Easter- March 23<sup>rd</sup>**.

**Where?** Anywhere! You can exercise in your neighborhood, at a gym, or at home.

**Why?** To commit to improved physical, spiritual, and emotional health in 2008! Also, prizes will be awarded to participants who reach their mileage goals and/or mileage milestones (e.g. 100, 150, 200 miles, etc.).

## Sample Activity Log

DAY & TIME	EXERCISE	DURATION	DISTANCE	NOTES
1/3/07 7:00am	Walking in neighborhood	60 min.	3.5 miles	*Conversational pace; clear and windy
1/4/07 7:30am	Bike ride on Huckleberry Trail	40 min.	2 miles	*A little sore from walk yesterday

## RESOURCES

### PCUSA National Health Ministries:

<http://www.pcusa.org/nationalhealth/healthinfo/index.htm>

### BMI

- [http://www.cdc.gov/nccdphp/dnpa/bmi/adult\\_BMI/about\\_adult\\_BMI.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm)
- <http://www.healthnetwork.com.au/weight-loss/bmi-chart.asp>

### Exercise in Cold Weather:

- <http://www.runnersworld.com/article/0,7120,s6-238-267-269-7442-0,00.html>

### Injury Prevention:

- [http://www.runnersworld.com/channel/0,7119,s6-241-0-0-0,00.html?cm\\_re=HP- -Homepage%20Channel- -Injury%20Prevention](http://www.runnersworld.com/channel/0,7119,s6-241-0-0-0,00.html?cm_re=HP- -Homepage%20Channel- -Injury%20Prevention)

**Nutrition:**

- <http://www.mypyramid.gov/>
- [http://www.runnersworld.com/channel/0,7119,s6-242-0-0-0,00.html?cm\\_re=HP- -Homepage%20Channel- -Nutrition%20And%20Weight%20Loss](http://www.runnersworld.com/channel/0,7119,s6-242-0-0-0,00.html?cm_re=HP- -Homepage%20Channel- -Nutrition%20And%20Weight%20Loss)

**Physical Activity:**

- <http://www.mapmywalk.com/>
- [http://www.acsm.org//AM/Template.cfm?Section=Home\\_Page](http://www.acsm.org//AM/Template.cfm?Section=Home_Page)
- <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

**Stretches:**

- <http://www.sport-fitness-advisor.com/staticpassivestretching.html>
- [http://orgs.jmu.edu/strength/JMU\\_Summer\\_2000\\_WebPage/JMU\\_Summer\\_2000\\_Sections/9\\_summer\\_dynamic\\_flexibility.htm](http://orgs.jmu.edu/strength/JMU_Summer_2000_WebPage/JMU_Summer_2000_Sections/9_summer_dynamic_flexibility.htm)
- <http://www.brianmac.co.uk/dynamic.htm>
- <http://www.brianmac.co.uk/stretch.htm>