

SIGN ME UP

Team Member Information

Name: _____

Address: _____

Postal Code: _____

Email: _____

I would like to receive Globe Walk email updates

Phone: _____

Age Category

50-59 60-69 70-79

80-89 90-99 100+

Please return this form to
your Team Captain

No team?

No Problem.

Join the SCOA team
or start your own team!

OUR SPONSORS



"It was a great incentive for me and my daughter to get active. My daughter has challenges. Since the Globe Walk, she is doing so much better, not only physically, but mentally. She now wants to remain active which is a great big plus."
Globe Walk 2022 Participant

Saskatoon Council on Aging

- 2020 College Dr.,
Saskatoon, SK S7N 2W4
- globewalk@scoa.ca
- (306) 652-2255
- www.scoaglobewalk.net



DISCOVER THE BLUE ZONES 2024

Join us on a journey
to health and wellness

Where the
world's
healthiest
people live

Stay active this winter -
all movement counts!



Globe Walk Challenge

Challenge yourself and others who are 50+ to participate in a fun winter physical activity routine.

Stroll or roll, hike or bike, gym or swim - all physical activity counts! also includes

Vacuuming, making your bed, walking stairs, playing with grandchildren

We'll begin January 1, 2024 and count kilometers travelled through physical activity until April 30, 2024.

15 minutes = 1300 Steps = 1KM

At month end give your team captain the KM travelled through physical activity. The team Captain submits totals online.

Example to convert time to KM: Eg. 300 min divided by 15 = 20 KM or 5 hours divided by 0.25 = 20km

The Saskatoon Council on Aging is a community leader promoting positive aging for all, in an age-friendly community.

During community consultations for the Age-Friendly Saskatoon Initiative, older adults identified the need for more physical activity during the winter months. The Globe Walk Challenge is a response to that need.

- I am a SCOA member**
- I would like information about SCOA membership**



What are you waiting for? How to Join

Step 1: If you are on a team, go to Step 2. If you want to be a Team Captain, join the SCOA Team or form your own team, phone SCOA 306.652.2255.

Step 2: Fill out the form on the reverse of this brochure and give it to your Team Captain.

Step 3: Keep track of your distance, steps or time. Remember that all forms of physical activity count [not just walking] and that every 1 kilometre = 15 minutes of exercise.

Step 4: At month end, give your totals [distance or time] for that month to your Team Captain. The Team Captain submits team totals to SCOA Globe Walk Coordinator.

Step 5: Get motivated, have fun, invite friends and family to take part and join everyone for a celebration party at the end of the Globe Walk.

