



# SCOA GLOBE WALK 2024

## DISCOVER



## THE BLUE ZONES

WHERE THE WORLD'S  
HEALTHIEST PEOPLE LIVE

## TEAM CAPTAIN PACKAGE



JOIN US AS WE DISCOVER THE "BLUE ZONES"



GOALS FOR 2024



"HOW TO" LOG YOUR TEAM'S  
PROGRESS



RESOURCES TO  
DOWNLOAD

## LIVE BETTER, LIVE LONGER



SCOA Globe Walk:

An initiative of the Saskatoon Council on Aging

MORE INFORMATION



306.652.2522



globewalk@scoa.ca



www.saskatoonglobewalk.net



# TEAM CAPTAIN PACKAGE

## JOIN US AS WE DISCOVER THE "BLUE ZONES"

5 places where people not only live longer but are healthier.

## GOALS FOR 2024

We outline our goals and vision for this year's Globe Walk event.

## "HOW TO" LOG YOUR TEAM'S PROGRESS

We provide you with the tools you need to be a team captain.

This includes:

- 1) Participant's Calendar
- 2) Captain's Monthly Log
- 3) Brochure

We will also give you information on who to contact if you have any questions or concerns.

## RESOURCES TO DOWNLOAD

We give you a step-by-step guide on how to log your team's monthly progress.

## THANK YOU TO OUR TEAM CAPTAINS

We are so thankful to have you leading this year's globe walkers. We appreciate all the time and effort you put in to make this event a success.

## THANK YOU TO OUR SPONSORS & FUNDERS



**Let's Stay Connected!**  
**Please pass on SCOA's**  
**information to your**  
**team!**



# Join us as we discover the "Blue Zones"

## WHAT ARE THE BLUE ZONES?

- Five cultures have uncovered the secrets to longevity.
- The people not only live longer but are healthier.
- Get on the path to explore and build your own Blue Zone lifestyle!

## THIS YEAR'S GOALS: MY BLUE ZONE LIFESTYLE

Captains will encourage all of your members to work on their personal goals. Please encourage them to visit our website often for progress updates, motivational ideas and fitness information.

1. Set a personal goal. (ex: beat last week/month/year's total time spent in physical activity)
2. Check the website for physical activity ideas and challenges. Pick as many as you need to meet or exceed your goal. You can do this as a team or individually.
3. Check the website for updates. Each month will feature a number of goals. The website will be updated weekly with new photos, and fun facts to help motivate you and your team. Remember every minute is important!

## REMEMBER:

1km = 1300 Steps = 15 minutes of exercise

Encourage your team members to count **ALL** physical activity – not just "formal" exercise.

Things like dog walking, snow shovelling, vacuuming, making your bed, walking stairs, playing with grandchildren can be part of their monthly totals.

# "HOW -TO" LOG YOUR TEAM'S PROGRESS - FAQs

## HOW DO I ENTER OUR TEAM PROGRESS EACH MONTH?

To enter your team kilometers every month:

1. Go to Captain's page on the SCOAGlobeWalk website:  
[<https://scoaglobewalk.net/captains-page/>]
2. Scroll down the page to the "Monthly Team Stats" (for Captains only). Click on the appropriate month's link. That will take you to the entry form.
3. Fill out entry form and click SUBMIT

Once all teams have submitted stats the Globe Walk Coordinator sends each team captain a progress update. **At the end of each month, please submit the total team activities in kilometers.** If you need, use the formula: 15 minutes = 1300 Steps = 1KM = to convert time or distance to kilometers. Keep a record of your team members, gender, and age group; you will be asked to enter them at the end of April, along with the total kilometers travelled through physical activity.

## WHAT IF I HAD 30 TEAM MEMBERS IN JANUARY BUT ONLY 20 TEAM MEMBERS REPORTING AT THE END OF THE WALK IN APRIL?

In April enter the number of ALL participating team members. If you had 30 team members, enter the gender and age group of the 30 team members. For kilometers you would enter the total team kilometers reported by the 20 team members for the month of April.

## WHAT IF MY TEAM MEMBERS REPORT AFTER THE CUT-OFF DATE EACH MONTH WITH THEIR MILES?

If a team member doesn't report on time in January you can enter their January time in February, added to their February totals. If they are a snowbird or off on holiday, just enter their totals as you receive them. All the time spent in physical activity will go towards your total team totals.



# DOWNLOAD THESE RESOURCES

## PARTICIPANTS CALENDAR

Find this year's calendar on our website or click here

## CAPTAIN'S MONTHLY LOG

Submit team stats monthly or download a four month log sheet  
from this page

## BROCHURE

Find the Brochure on our website or click here

**Thanks for your dedication as  
a Globe Walk Team Captain**

### MORE INFORMATION



**306.652.2255**



globewalk@scoa.ca



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