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### WALK IT! - Not Just Talk It!!!

**Question:** "You mean they are not lazy and they don't sit on their butts all the time?  
You're telling me we can learn from them? Really?"

**Answer:** "Yes! About walking for fitness, exercising for health and caring for our over-sugared bodies."

Winnipeg in Motion and the Green Action Centre issued the Jack Frost Challenge/Bougeons en Hiver to Winnipeggers and Oak Table Community Ministry responded!!

**The Challenge:** Create a team of 5 people to walk, roll, stroll, cycle, move 130 km from Feb. 9 to 15, 2013. 13 teams emerged, involving 67 people. Team names included:

"50 Below" (and thankfully this week didn't see these temperatures)

"30 Above" (wait for it!)

"Do YOUR Shoes Fit?" (imagine WALKING with shoes that don't fit)

"Walk a Mile in My Shoes" (or many miles)

"Turn the TV Back ON!" (oh, what a thought!)

"Pedestrian (UN)Friendly" (referring to the number of folks who are hit by vehicles at corners and crossings)

"Dry Socks Rock" (for SO many reasons)

These small groups are challenging us to get out of the chair and get active by their example. They are "walking the talk" about getting more physical exercise - getting in motion to improve our emotion! The unique nature of the teams formed at Oak Table Community Ministry is that many of these folks are walking already, usually up to 10 or 12 hours a day, because many of them are homeless. Night shelters close their doors early in the morning, leaving homeless folks with little else to do other than walk until shelters re-open the next evening. The 2,916.6km walked, cycled, rolled in 6 days is inspiration for all of us!

Experts tell us that walking and other forms of exercise are good for the heart - the physical one, but also the emotional one.

Exercise can reduce depression by lifting our spirits, especially when we are outside with trees, squirrels, rabbits, flowers in season! and a tonic called sunshine. However walking indoors in malls, stores, hallways, and up and down stairs is also helpful in contributing to improved health in the four quadrants of the Circle of Health - physical, emotional, mental and spiritual.

Medical studies reveal that people live longer and better with less dis-ease of body and mind when they walk even as little as 15 to 30 minutes a day. We tend to eat too much and drink too many drinks loaded with sugar; along with no exercise it is a formula for us to be overweight, even obese. My doctor tells me people eat more than the body needs, often out of loneliness or boredom or when feeling stressed - drinking and eating comfort drinks and foods.

The Jack Frost Challenge/Bougeons en Hiver invited all of us to be more active, more fit and to butt out from sitting on our butts! What an inspiration to do it. Thanks be for the example set by groups of people of various ages and abilities who "walk the talk."