

Let's Walk!

Polish Falcons of America 2021 Walking Program



Physical Fitness is an important ingredient in the Falcon Recipe for a Healthier & Happier Life.
Walking is a great way to improve physical fitness.

The cardiovascular benefits of walking are biologically plausible; like other forms of regular moderate exercise, walking improves cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, vascular stiffness and inflammation, and mental stress. In a report that included findings from multiple well-done studies, researchers found that walking reduced the risk of cardiovascular events by 31% cut the risk of dying by 32%. These benefits were equally robust in men and women.

Protection was evident even at distances of just 5½ miles per week and at a pace as casual as about 2 miles per hour.

(Source: Harvard Health)

How to participate in the Let's Walk Program:

Record your miles walked each month using the reverse side of this sheet.

Mail a copy of your completed record sheet to your Nest Vice President by **February 1, 2022**.

Your Nest Vice President will forward your completed record sheet to National Headquarters.

Your award will be sent from National Headquarters to your Nest for presentation.

Must be a PFA Member in good standing to participate.

If you are unable to get your form to your Nest Vice President, please mail it to:

Polish Falcons of America - Let's Walk, C/O Christine Puskar

1016 Greentree Rd., Suite 201

Pittsburgh, PA 15220

Your award will be mailed to your provided address.

Member Name:

Nest #:

T-Shirt Size:

Address:

Phone:

Email:

Nest Vice President Name:



2021 Miles

Prizes are awarded according to the number of miles walked, and records are kept so that year after year your miles add up for more prizes! Have a question? Email Chris at cpuskar@polishfalcons.org.

January: _____ miles

February: _____ miles

March: _____ miles

April: _____ miles

May: _____ miles

June: _____ miles

July: _____ miles

August: _____ miles

September: _____ miles

October: _____ miles

November: _____ miles

December: _____ miles

Grand Total: _____ miles in 2021!



Daily Water Tracker

Circle a jar for each glass of water you drink. Finish the week with all of the jars circled!

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday

