

# Let's Walk!

## Polish Falcons of America 2022 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, 2023**.

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:



# 2022 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](mailto: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 2022!



# 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

