

WALKING CAN LESSEN ANXIETY, BOOST ENERGY AND INCREASE YOUR SENSE OF WELL-BEING.



Walking is a safe and enjoyable activity for almost everyone. It can make your heart stronger, decrease body fat, lighten your mood and relieve tension – all of which equals more energy for work and play. You'll feel the energy surge soon after you start your walk and find that it lasts longer than a bar of chocolate!

Organizing a "Walk'n Be Fit" for your Kiwanis Club is easy. Just pick a time and a spot for the walk and sign up folks including the young folks and children to pay a fee of \$10.00 at registration. You can then make arrangements with someone at your local hospital or physician's clinic to provide information on such topics as fitness, nutrition, diabetes, heart health and much more. Your club can also provide refreshments at the walk. We hope you will take pictures of your club's activities and send them to the Kiwanigram Editor Don Schaefer and to Dave Tuck, Webmaster for publication.

Our Missouri-Arkansas District project is promoting Healthy Lifestyles for Children. For the First Lady's project, I am encouraging all MO-ARK clubs to organize a Walk'n Be Fit project. One-half of the funds raised will be donated to the Earl Collins Foundation for scholarships. The remainder will stay with the local club to be donated to a local health project in your community, preferably involving children.

Proceeds can be forwarded to David Green, District Secretary, made payable to the Earl Collins Foundation with a notation "First Lady's District Project".

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