

The Health Initiative Team is partnering with UT Extension in Loudon County to Walk Across Tennessee. This begins March 1, 2019, and runs through April 30, 2019. The idea is to keep track of the miles and see whose team can get from East Tennessee to West Tennessee. This involves teams of 4 people. There are many activities that contribute to Walk Across Tennessee that would be able to be counted for miles. Activities such as aerobics, bicycling, bowling, dancing, gardening, golf (walking), swimming, treadmill, and, of course, walking or running.

We are putting up a sign-up sheet for interested persons. If you don't have enough to make a 4 member team, we will try to put you on a team that needs more people. The mileage is charted once a week. Each team must have a name (creative) and a captain, whose job it will be to turn in the miles for that week. We will have someone who will keep track of all the teams and report to Loudon County. We will also put up a map of Tennessee so everyone can watch the progress of the teams.

In conjunction with this, the Health Initiative Team feels it would be a great time for a congregational challenge to lose weight. You do not HAVE to be participating in Walk Across Tennessee for this challenge. It would be confidential, but the beginning weight would have to be recorded and then every week beginning March 1, 2019, through April 30, 2019. We are planning on a gift to the person that comes closest to guessing the total weight lost and also a gift to anyone who meets the goal they set for themselves.

We will have people fill out a small sheet with name, beginning weight and goal weight along with a guesstimate on total weight lost. We think this is a fun way to get in shape for spring and summer activities. We are STRESSING a healthy diet with more exercise or a new exercise to accomplish the goals. We are NOT condoning a strange or fad diet to lose weight as this is unhealthy.