

NJ District LCMS
Adult Lutherans Organized for Action
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Congregational Template for beginning a Health and Wellness Walking Group

Step 1: Pray for God's guidance in beginning a health and wellness walking ministry/group.

Step 2: Pick a local walking trail or park with clear, even walkways and ample parking.

Step 3: Pick a weekly date and time that many agree upon. Early mornings are always good for walking, or early evening. Remind participants to bring a water bottle, wear comfortable clothing and sneakers, and sunscreen.

Step 4: Advertise your first event in the church bulletin, newsletter, and in your community (library, town hall etc).

Step 5: Begin each walk with a devotion centered on an aspect of health and wellness (physical, emotional health) and bring your church prayer list to pass around as you walk. There are many devotion resources through CPH and other publishers that are focused on health and wellness.

Step 6: Wear a similar color (a church t-shirt if you have one), have visors made with your walking group name on it etc.

Why is walking so important?

You carry your own body weight when you walk. This is known as weight-bearing exercise. Some of the benefits include:

- * increased cardiovascular and pulmonary (heart and lung) fitness
- * reduced risk of heart disease and stroke
- *improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- *stronger bones and improved balance
- *increased muscle strength and endurance

*reduced body fat

*Stress reduction, overall improved mental health

*Walking ministry is virtually a free event!

God's Word on health and walking:

Psalm 23:4

Even though I walk through the valley of the shadow of death,
I fear no evil, for You are with me;
Your rod and Your staff, they comfort me.

Acts 14:9b-10

Paul looked directl at him, and saw that he had faith to be healed, and called out "Stand up on your feet!" At that, the man jumped up and began to walk.

Leviticus 26:12

I will walk among you and be your God, and you shall be My people.

1 Corinthians 10:31

So, whether you eat or drink, or whatever you do, do all to the glory of God.