



The fun team walking event

Wacky Walking Facts

- On average, every minute of walking can extend your life by 1.5 to 2 minutes.
- The most popular reason for walking is to go shopping (23%), followed by personal business or accompanying another person (21%) and leisure or social purposes.
- Left handed people are generally left footed as well. They also tend to put their left foot forward first when they walk.
- Walking solo typically begins between 9 and 17 months of age.
- The average person walks the equivalent of three and a half times around the earth in a lifetime.



Welcome to Week 6 Only 2 weeks left to go!

Team Profile: Unde"Feet"able, Colmar Brunton

Team Leader, **Judy Stewart** shares her Feetbeat Story:

"My dogs are really enjoying Feet Beat. During the winter months our walks were getting really short, quite often we didn't manage to get out at all. However I have been given the added push of racking up the km's for Feet Beat so we are out twice a day with nice long walks again, hopefully we will continue on this way.



It is also helping to reduce my cholesterol by increasing my exercise. I had just been diagnosed with high cholesterol at the start of the Feet Beat challenge and increasing my exercise was one way of trying to control it. This is a good way to start doing consistent exercise when you haven't done much before.

*Enjoying the Fruit Runners fruit box
Back L-R: Ada, Aliya, Ermie and Alice
Front L-R: Judy, Sarah and Dennis
Missing (on holiday) Shirley.*

Unfortunately we have not been able to go on walks as a team as we all work in different departments and take lunches whenever we get an chance. We don't have set times to take breaks and haven't been able to get together as a group which is a shame."

Team photos:



Hot Steppers from Auckland City Council.

The Hotsteppers have invented their own sheet to keep a record of their distances, using pictures of New Zealand cities when they have reached that distance. Very creative!

As at the end of week 5 The Hotsteppers have completed **1,566 KM.**

Team Profiles:



Super Troopers—MSD Waitakere Call Centre Update from Team leader **Rathi Ramamoorthy**

The Super Troopers are doing quite well despite wet weather. It's been really busy. Some of us have been managing to do some exercise daily. At the end of week 4 our team is standing at **513 kms**.

I think we may need another team record sheet if we are to keep up this pace!

Introducing the members of the **Super Troopers**:

Si Si has a passion for good health and good food. He is very enthusiastic and gives the team healthy food tips and ideas from time to time.

Karen has been wonder woman steadily achieving her daily 30 minutes with the exception of 4 days up until last week.

Kowhai has combined walking with community support with her 2 children. To me that is such a great way to achieve 2 things at one go, your daily dose of exercise and community support as well.

Jerry has been a true fore runner in our team with quite a bit of squares up his sleeve. Plus he has been on a chocolate detox and he is on Day #282. All going good on his part.

Anastasia has been having fun walking with her niece and nephew. They often accompany her and she has been having fun carrying them on her shoulders when they get tired.

Ayesha has been a little busy but has vowed to get her numbers up soon. We are really holding her up to it.

Kim has gone all out to get people active. She has very beautifully encouraged all of her family members to participate in the spirit of well being.

Rathi (me). I have been getting my partner to accompany me on my walks to keep me motivated and telling me that I am indeed losing weight and toning up. Which is happening and I am starting to fit in better in my clothes. What a relief!!!



Poynton Sisters, WDHB.

Poynton Sisters have travelled 627km so far which is very good, considering one of our team members underwent leg surgery and has been unable to walk for the last two weeks. A definite win for another team member is her fantastic weight loss and she is looking really good.

The Odd Squad, WDHB.

The Odd Squad has walked 486km. We're walking round the East Coast, and to my estimation we are almost at Hicks Bay. We were hoping to be past Hicks Bay and on the way to Gisborne but the weather on the East Coast has been a bit damp.

Week 6: **Tachy, ADHB**

