NAD YPAC News <list@youth.nadadventist.org>

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Adventist Heritage

NAD YPAC News 1 Million Pathfinder Miles Challenge
1 Million Pathfinder Miles Challenge

Dear Pathfinders,

The NAD has launched Adventists InStep for Life, an initiative to raise awareness about childhood obesity and improve the health of kids and families. One of the goals of this initiative is to reach 1 million miles of physical activity this year. We are uniting our efforts to reach that yearly goal in 1 day. In order to reach that, the NAD has set aside Sunday, September 25, 2011 as Let’s Move Day. The goal is to get as many people possible involved in physical activity on that day. Many churches, schools, and other Adventist organizations are planning different activities like—a group walk in the park, youth sports event, 5K run/walk, etc. They have invited other community groups, like the local health department, universities, churches, or other agencies, to partner for their event. These events will create community awareness for childhood obesity and will also be used as a fundraiser for other projects, such as a community garden. Others have joined an existing community event.

The goal is to promote a healthier lifestyle by reaching ONE MILLION MILES of activity in ONE DAY!

This is where the Pathfinders come in. Most Pathfinders do some type of physical activity during their Club meeting already, so all these clubs need to do is REPORT how many miles of physical activity they did on September 25. Whether it’s drilling and marching, playing a sport, running, walking your dog, whatever the activity, PLEASE REPORT IT. If your Pathfinder Club desires to “Go The Extra Mile”, (get it?) you can search for a local 5k run/walk in your area or other organized physical event and sign up as a Club. Regardless of what activity(ies) you choose to do, don’t forget to REPORT your miles and/or physical activity equivalent.

The reporting process is pretty simple:

Pathfinders ages 13 years and up can report individually. Pathfinders who are under 13 years of age will
need an adult Pathfinder Staff member to report their miles as a Club. Yet another option is that your Club
can choose a staff member to serve as the “Site Coordinator” and report everyone’s miles collectively. If
your church already has a “site coordinator” then just make sure to report the Pathfinder Club miles to
him/her -- Just make sure they credit your miles to the PATHFINDERS. The Reporting form is here.

If you have questions about the reporting process --

JOIN US FOR THE FOLLOWING WEBINAR:

LET'S MOVE DAY: HOW TO REGISTER & REPORT

Scheduled for September 21, 2011, from 8-9pm EST

https://www1.gotomeeting.com/register/130748704

Help us reach our goal of one million miles -- be a part of the “One Million Pathfinder Miles Challenge” on
Sunday September 25, 2011.

James Black Sr, NAD Pathfinder Director
Manny Cruz, Associate Director
Glen Milam, NAD Pathfinder Coordinator

For further information go to:

http://bit.ly/1MillionPathfinderMilesChallenge