

# SIGN ME UP

**Captains register your team  
TODAY at our website  
www.scoaglobewalk.net**

## TEAM MEMBER INFORMATION

Name: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ PC \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Male  Female

Age Category:  50-59  60-69

70-79  80-89  90-99  100+

Please return this sign up section to your  
**TEAM CAPTAIN.**

No team? No problem ☺

**JOIN THE SCOA TEAM**

(call 306-652-0027)

The above information is for Captains only and will  
not be used for any other reason

**Beth Hills**  
Project Coordinator  
*SCOA Globe Walk*

Saskatoon Council on Aging  
2020 College Dr.,  
Saskatoon, SK S7N 2W4  
E-mail: globewalk@scoa.ca  
Phone: (306) 652-0027  
Fax: (306) 652-7525  
Webpage: www.scoaglobewalk.net



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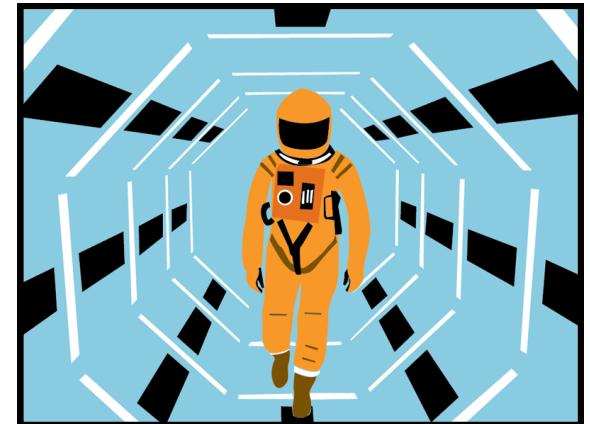
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## Partners



Welcome to the 4th Annual



**Space Station  
Orbiting Tour  
2017**

## SCOA Globe Walk 2017

**Challenge yourself and others to participate in a fun winter exercise routine.** You'll stay active and work with your team to achieve an awesome goal — walking the equivalent of over 500,000 miles on our **Orbiting Space Station!**

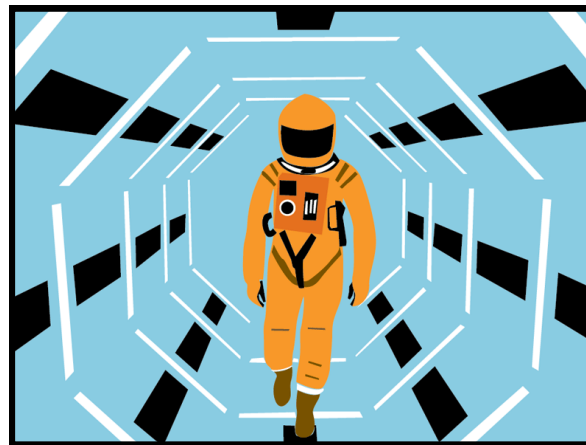
We'll begin the walk **January 2017** and continue counting our steps until **April 30, 2017**. 2,000 steps equals approximately 1 mile. For those who prefer other forms of physical activity that cannot be measured in steps or distance, you can log one mile for every thirty minutes of an activity. You can stroll or roll, hike or bike, swim or gym...all will help to accomplish the goal of the **50+ 2017 Globe Walk**.

At the end of each month you will give your team captain your total steps, distance you travelled or amount of time spent in physical activity for that month. The team captain will then submit the totals to Saskatoon Council on Aging.

**Remember that exercise improves physical and mental wellness so let's get motivated!!**

The Saskatoon Council on Aging is a community leader in the health and independence of older adults.

During community consultations for the Age-friendly Saskatoon Initiative, older adults identified the need for more physical activity and social opportunities during the winter months. The Globe Walk Challenge is a response to that need.



## SPACE STATION ORBITING TOUR 2017

Visit our website  
[www.scoaglobewalk.net](http://www.scoaglobewalk.net)  
or join us on Facebook

## HOW TO JOIN A TEAM (No Cost to Join)

**Step 1:** If you have a team, with a team captain, go to Step 2. If you would like to organize a team to Captain or to join the SCOA team, please contact SCOA at 306-652-2255 for more information.

**Step 2:** Fill out the registration form on the reverse of this section to give to your Team Captain. Your Captain will give you your calendar to track your progress.

**Step 3:** Place your calendar on your fridge or in a handy location so you can keep track of your distance, steps or time. Remember that you can include other forms of physical activity, not just walking, and that every thirty minutes will count as one mile.

**Step 4:** At the end of each month inform your Team Captain of your distance and/or time for that month. The Team Captain will then submit team totals to Saskatoon Council on Aging.

**Step 5:** Get motivated, have fun and join everyone for a celebration party at the end of the walk.