

Resilience. One Step At A Time

Virtual Community Health & Wellness Event

Start Packet:

- Event Info
- Planning Tips
- Health & Safety Tips
- Communication
- Incentive Criteria
- Mileage & Wellness Ed Tracking Log Sheets

*Rainbow Treatment Center, Health & Wellness Program Wishes
Everyone Goodluck & a Joyful Life Changing Experience.*

"Together we can do great things!"

Event Coordinator: Kona Beatty
Health & Wellness Education Specialist
RainbowTreatment Center

RainbowTreatment Center
Health & Wellness Programs
1(928)338-4858

❖ *Resilience*, One Step At A Time

A Virtual Community Health & Wellness Event
Health & Wellness Programs, Rainbow Treatment Center

Starts Thursday, July 1, 2021

- 100 in July Virtual Walk/Run Challenge
-Goal: To walk/run 100 miles in the month of July 2021.
- Weekly Wellness Education Zoom Classes, July (5, 12, 19, & 26), 2021.

❖ Helpful Tips:

- Budget 100 Miles in July for 31 Days & don't forget to schedule into your calendars.
- **SMART Goal Planning-**
Be **S**pecific on your planning & also include smaller weekly goals too- example:
Ultimate goal is "To walk/run 100 Miles in July 2021".
"Each week I will walk/run X miles "place/time/days".
Include attainable **M**easures such as distance & pacing.
Be **A**ccountable by tracking & logging, also by including a support system.
Be **R**ealistic on your planning.
Time management

❖ Walk/Run anytime, anywhere, & pace

- **Track & Submit Weekly Mileage Logs using any of these avenues:**
 - Online Fillable Form
 - Email info
 - Text Message info
 - Screenshot Tracking App Info
 - Voicemail info
 - In Person
 - Scan copy and email info
 - Take Photo & send

❖ Incentive Criteria:

Must submit 4 weekly mileage tracking logs and complete survey which will be available the last week in July 2021.

If you are not able to use a mileage tracking fitness app or have access to the fillable form, all I need is the information as follows:

Mileage Tracking Weekly Log & Wellness Education Class Log Sheets SAMPLES

Mileage Tracking Log WEEK #: 1 2 3 4				
NAME/Number: _____ DATE(s): _____ to _____				
Total Weekly Mileage: _____ miles				
Describe this week's walk/run experience in 1 to 100 words:				
Examples: Good, I made progress, "I am proud of myself to get started and now excited and looking forward to next week's mileage input and...."				
Wellness Education Class Log WEEK#: 1 2 3 4				
NAME/Number: _____ DATE of Class: _____				
TOPIC: _____				
Describe this week's walk/run experience in 1 to 100 words:				
Examples: Good, It was informative, Very Helpful, "I enjoyed the class because it was very informative and learned....."				

❖ Health & Safety Tips:

- Stay well hydrated.
- Weather Ready Gear
- Sun Protection
- Let someone know about your walking/running location & time frame as a safety precaution.
- Know your limits.
- Follow health & safety guidelines.

Wellness Education

Weekly Zoom Classes, Recorded Class will be made available in the private facebook group page for all participants whose time does not permit attendance and as a review.

Topics	Date	Presenters
Resiliency	7/5/21	TBA
Self-Cares	7/12/21	TBA
Staying Motivated	7/19/21	TBA
Pressing On	7/26/21	TBA

❖ Form of communication:

- Email
- Facebook Group Page/Messenger
- In Person (IP)
- Phone

Ends July 31, 2021
