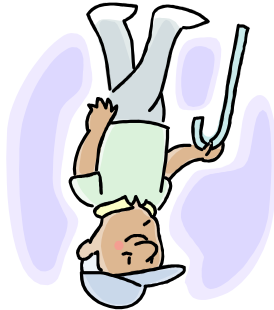
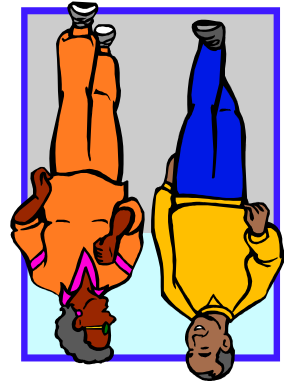




Sponsored by:



LOG BOOK

WALK DELAWARE

For Fitness...Fellowship...Fun!

DELAWARE SENIOR OLYMPICS



ABOUT DELAWARE SENIOR OLYMPICS

Delaware Senior Olympics (DSO) promotes healthy lifestyles and fitness for all Delaware senior adults (age 50 and over) through year-round fitness programs and competitive athletic activities.

Founded in 1991 as a not-for-profit organization, DSO has more than 2,000 members/participants and a 25 member Board of Directors from across Delaware.

DSO sponsors year-round fitness activities in which all seniors are encouraged to participate.

Annual state games for athletes of all abilities are held between August and October each year. This is a list of our competitive sports:

Archery
 Badminton
 Baseball
 Basketball
 Basketball Shooting
 Billiards
 Bocce
 Bowling
 Cycling
 Golf

Horseshoes
 Line Dancing
 Pickleball
 Race Walk
 Racquetball
 Recreational Walk
 Road Race
 Shuffleboard
 Soccer
 Softball

Swimming
 Table Shuffleboard
 Table Tennis
 Tennis
 Track & Field
 Triathlon
 Volleyball
 Weight Lifting
 Wii Bowling

**Delaware Senior Olympics
Walk Delaware Program**

Join the walk to fitness. Walk, Run, Bike or Swim the equivalent length (96 miles) and width (35 miles) of Delaware — a total of 131 miles — at home, in your community or recreation area. You have one year from the start of your program to complete the 131 miles.

HOW TO GET STARTED:

Register: Complete and return the registration form below to the Delaware Senior Olympics office — or email the information to admin@delawareseniorolympics.org

Set a personal goal and select the fitness level (Gold, Silver, Bronze) that you will try to achieve:

	BRONZE	SILVER	GOLD	
WALK	131	250	450	MILES IN 12 MONTH PERIOD
BIKE	500	990	1750	MILES IN 12 MONTH PERIOD
RUN	250	500	900	MILES IN 12 MONTH PERIOD
SWIM	50	95	175	MILES IN 12 MONTH PERIOD

NOTE: 1 SWIMMING MILE = 72 LENGTHS IN A 25 YARD POOL

Record the date, time and miles walked on your personal log sheets.

Return the CONFIRMATION FORM when you have reached your goal.

Receive a fitness recognition award in the mail recognizing your accomplishment.

**Delaware Senior Olympics
Walk Delaware Program
Stay Fit For Life!!**

Did you know that regular physical activity.....

- * Helps you look great and feel better
- * Increases your energy level
- * Helps you sleep better
- * Fosters healthy muscles, bones and joints
- * Helps reduce your weight, and your risk of developing diabetes, heart disease and colon cancer
- * Reduces stress, improves mood, relieves depression—makes you feel good!
- * Increases your memory.

What you can do to make a healthy difference.....

- * Get at least 30 minutes of regular physical activity on most or all days of the week
- * Keep using your muscles. Supplement your walking program with weight-bearing activities
- * Stretch — it keeps you limber, improves your balance, and helps prevent injuries
- * Drink plenty of water daily
- * Eat more fruits and vegetables daily — at least “5 a Day for better health”
- * Breathe deeply—and relax. It helps you think clearly, improves sleep, and reduces stress
- * Adopt a positive, self-affirming attitude — YOU are worth it!

IT IS NEVER TOO LATE. AGE HAS NO LIMITS!!