



Let's Get Walking: Learning to Take the Lead

Walk BC, co-led by the BC Recreation and Parks Association and the Heart and Stroke Foundation of BC & Yukon, in partnership with SportMedBC, will be travelling to eight BC communities in September and October of this year to rally together community programmers and inspirational community leaders with the intention of getting more British Columbians actively walking to improve their health and fitness.

Walk BC workshops will be held around the province and will feature SportMedBC's Olympian and RunWalk Coach Lynn Kanuka and Habit Shift guru Larry Birckhead along with representatives of Walk BC and various local community experts.

First on the agenda will be a meeting with community programmers and others who are currently promoting walking programs or are interested in integrating this type of programming into their schedules. "In order to reach out to British Columbians throughout the province, we need communities to embrace the mission to encourage more people to take up a regular walking program" says Lindsay Richardson, Walk BC Coordinator.

The second part of the agenda will be to identify walk leaders throughout the province and provide them with a free, inspirational workshop designed to help them **Learn to Take the Lead**. "SportMedBC has trained thousands of running and walking leaders throughout the province over the past 12 years, and we know that leaders are the key to every successful and sustainable program" says Lynn Kanuka. "In the beginning, many of our existing leaders really didn't see the tremendous impact that their encouragement can have on neophyte walkers", explains Kanuka. "They generally don't see themselves as leaders and it will be our job to bring out their leadership qualities and provide them with access to the tools and resources that will help them motivate and train their friends and family, their neighbours, their co-workers, and others".

Walk BC is also developing an interactive website where walk organizers, programmers and leaders will be able to access resources, share their stories and engage with other leaders throughout the province. Check out www.walkbc.ca regularly for all of the updates.

For more information on these workshops (dates, locations, registration and other specifics), contact Lindsay Richardson, Walk BC Coordinator, 604.629.0965 ext. 256, or lrichardson@bcrpa.bc.ca.

Walk BC is funded by the BC Healthy Living Alliance through support from ActNow BC. **SportMedBC** is a professional not-for-profit society comprised of sport medical and paramedical practitioners in British Columbia promotes leadership, public awareness and education in the areas of sport medicine, sport science and sport training.

www.walkbc.ca

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