



# Walk & Talk

a health ministry guide  
from the Church Health Center



A **Walk and Talk** program is a simple way to start a health ministry in your congregation or organization. It's inexpensive, requires very little equipment or preparation, and it can be done both indoors and outdoors throughout the year. Plus, it can be a great time for fellowship.

Walking is the most commonly recommended exercise by doctors and physical therapists because of its many benefits:

- Lowers the risk of injury
- Improves cardiovascular function
- Reduces the chance of a heart attack
- Helps with weight loss or weight maintenance
- Reduces blood pressure
- Improves mood and mental outlook
- Improves the health of people with diabetes
- Builds endurance and muscle strength
- Builds and maintains bones and muscles



Walk at least once a week, and make sure your walks are one mile long. Begin your walks with a prayer, a Scripture reading, or some other spiritual reading to keep yourself reminded that the body and spirit are one.

Form a Walk and Talk committee to ensure the ministry is well organized.

The committee's responsibilities include:

Publicity – Getting the word out about the ministry and recruiting workers through bulletins, announcements and other methods.

Route – Plotting and measuring off a safe, one-mile route.

Leadership – Starting the walk. It is best if there is one leader in the front and one in the back.

Communication – Posting a sign-up sheet or developing an e-mail list for the walk and then making reminder calls or sending follow-up e-mails.



## Tips to help begin walking:

- Find a buddy. Partner with someone who will walk with you and encourage you to walk on days when you're not motivated.
- Use a pedometer. This will help you keep track of the steps you've taken and encourage you to keep taking *more!*
- Set up a walking schedule so everyone can plan to participate.
- Check with your doctor before starting if you have chronic medical problems, such as heart disease or diabetes. For your safety, make sure the Walk and Talk leaders are aware of your medical issues.
- Buy a good pair of walking shoes so that walking will be easier and more enjoyable.
- Warm up by stretching before walking in order to reduce your risk of injuries.
- Start slow if you need to, but get started!



We also recommend the following:

- Post Walk and Talk flyers to generate interest in the program. Include detailed information such as when, where and how to sign up.
- Encourage participants to bring plenty of water and comfortable walking shoes.
- Keep hard candy on hand for diabetics.
- Bring walking sticks, first aid packets and cell phones when walking outside.
- Bring music for stretching (optional).



Dr. Scott Morris, a family practice physician and ordained United Methodist minister, founded the Church Health Center in 1987 to provide quality, affordable healthcare for working, uninsured people and their families. Thanks to a broad base of financial support from the faith community, along with the volunteer help of doctors, nurses, dentists and others, the Church Health Center has grown to become the largest faith-based clinic of its type in the country. Currently, we care for 45,000 patients of record without relying on government funding.

But healthcare is about more than just prescribing pills. We at the Church Health Center believe we have a responsibility to take care of the bodies God gave us, so we put a dollar into prevention for every dollar we use to treat patients. Our Hope & Healing wellness ministry offers everything from personalized exercise plans and cooking classes to group-exercise classes and activities for children and teens.

Our Faith Community Ministries staff offers hope for a healthier life by reaching people where they worship. The Church Health Center provides the support, consultation and education to start or strengthen health ministries in congregations. Since 1988, more than 550 Congregational Health Promoters have been trained to be health leaders within their congregations.

The MEMPHIS Plan is the Church Health Center's employer-sponsored healthcare plan for small business and the self-employed. By relying on donated services from volunteer doctors and area hospitals and laboratories, the MEMPHIS Plan offers uninsured people in lower-wage jobs access to quality, affordable healthcare.

For more information, call (901) 272-7170 or visit [www.churchhealthcenter.org](http://www.churchhealthcenter.org).





**YOU**

ARE THE CHILDREN OF GOD

THEREFORE PUT ON

**GENTLENESS**

**KINDNESS**

**COMPASSION**

**HUMILITY**

AND **PATIENCE**

ABOVE ALL, PUT ON

**LOVE**

THE HARMONY

WHICH BINDS ALL

1210 Peabody Avenue ● Memphis, TN 38104 ●

901-272-7170 ● [www.churchhealthcenter.org](http://www.churchhealthcenter.org)



## Church Health Center 5K Training



*WALK*

OR



*RUN*

but always have  
**FUN!**

## What is the Church Health Center?



The Church Health Center seeks to reclaim the Church's biblical commitment to care for our bodies and our spirits. Our ministries provide quality affordable healthcare for the working uninsured and promote healthy bodies and spirits for all. By uniting churches and synagogues with healthcare professionals and the Memphis community, the Church Health Center cares for more than 45,000 patients of record without relying on government assistance.

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This training program brochure was developed to help congregational groups work and participate together in local races including a 5K that supports the Church Health Center known as the Race for Grace.

[www.churchhealthcenter.org](http://www.churchhealthcenter.org)

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		<b>5K Training</b>
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**What's a 5K and Why?**

- “5-K” is athlete lingo for a 5-kilometer walk/run. Five kilometers equals 5,000 meters or 3.1 miles, which translates to about 12.5 laps around a high school track.

Why should you participate in a 5K run/walk? Once you decide to register for a 5K, you'll reap plenty of benefits well before the race day. Here's why:

- Committing to a 5K can be powerfully motivating because you'll naturally want to do well. And with the training program presented in this booklet, you can definitely improve your performance.
- Setting a goal - namely, to complete in a 5K - renews excitement about your fitness goals.
- Increasing the intensity of your workouts in preparation for race day builds your speed, boosts your strength and endurance, and maximizes weight loss.
- Concentrating on technique and training rewards you with a sense of pride, mastery, and accomplishment, all of which give you the confidence to try something new and succeed.
- Of course, you mustn't overlook the most important benefit of entering a 5K: Having fun! You get to spend time with your friends in training. And if you get hooked on 5Ks, you'll have plenty of race-day parties to look forward to - not to mention T-shirts.

From: [www.runnersworld.com](http://www.runnersworld.com)

# Training Tips



*Before beginning any type of new exercise program, consult your physician.*

- ⇒ The biggest mistake new walkers/runners make is they tend to think in mile increments - 1 mile, 2 mile, etc. Beginning walkers/runners need to think in minutes, not miles.
- ⇒ Warm up by moving—first by walking or running slowly, then by easing into the full pace of the day.
- ⇒ Stretching is best after your run or walk. Muscles respond better to stretching when they are warm rather than when they're cold.
- ⇒ If you can hear your breathing while walking/running at what should be a comfortable pace, you are running too fast.
- ⇒ Stay “liquid.” Hydrate! Hydrate! Hydrate! In cold and warm weather, it is important to keep your body hydrated.
- ⇒ Listen to your body. Walk/Run through annoyance but not through pain.
- ⇒ Use races as motivators. It is easier to keep on an exercise program when you have a goal in sight.
- ⇒ Relax! When walking/running, let your jaw hang loose, don't bunch up your shoulders close to your ears, and occasionally shake out your hands and arms to stay relaxed.
- ⇒ Training walks/runs should be completed three times a week.
- ⇒ **Don't forget to have FUN!**

From: [www.runnersworld.com](http://www.runnersworld.com)

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		<h2 style="text-align: center;">BEGINNER PROGRAM</h2> <h3 style="text-align: center;">Walker</h3>
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**Before beginning any type of new exercise program, consult your physician.**

### **WEEK TRAINING SCHEDULE**

- Week 1 Warm up 5 minutes, aerobic stage 5 minutes, cool down 5 minutes.
- Week 2 Warm up 5 minutes, aerobic stage 7 minutes, cool down 5 minutes.
- Week 3 Warm up 5 minutes, aerobic stage 9 minutes, cool down 5 minutes.
- Week 4 Warm up 5 minutes, aerobic stage 11 minutes, cool down 5 minutes.
- Week 5 Warm up 5 minutes, aerobic stage 15 minutes, cool down 5 minutes.
- Week 6 Warm up 5 minutes, aerobic stage 18 minutes, cool down 5 minutes.
- Week 7 Warm up 5 minutes, aerobic stage 20 minutes, cool down 5 minutes.
- Week 8 Warm up 5 minutes, aerobic stage 25 minutes, cool down 5 minutes.
- Week 9 Warm up 5 minutes, aerobic stage 30 minutes, cool down 5 minutes.
- Week 10 Warm up 5 minutes, aerobic stage 35 minutes, cool down 5 minutes.

<b>INTERMEDIATE PROGRAM</b>		
<b>Walker</b>		

**Before beginning any type of new exercise program, consult your physician.**

**WEEK TRAINING SCHEDULE**

- Week 1 Warm up 5 minutes, aerobic stage 10 minutes, cool down 5 minutes.
- Week 2 Warm up 5 minutes, aerobic stage 13 minutes, cool down 5 minutes.
- Week 3 Warm up 5 minutes, aerobic stage 16 minutes, cool down 5 minutes.
- Week 4 Warm up 5 minutes, aerobic stage 19 minutes, cool down 5 minutes.
- Week 5 Warm up 5 minutes, aerobic stage 22 minutes, cool down 5 minutes.
- Week 6 Warm up 5 minutes, aerobic stage 25 minutes, cool down 5 minutes.
- Week 7 Warm up 5 minutes, aerobic stage 30 minutes, cool down 5 minutes.
- Week 8 Warm up 5 minutes, aerobic stage 35 minutes, cool down 5 minutes.
- Week 9 Warm up 5 minutes, aerobic stage 40 minutes, cool down 5 minutes.
- Week 10 Warm up 5 minutes, aerobic stage 45 minutes, cool down 5 minutes.

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		<h2 style="text-align: center;">BEGINNER PROGRAM</h2> <h3 style="text-align: center;">Runner</h3>
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**Before beginning any type of new exercise program, consult your physician.**

### **WEEK TRAINING SCHEDULE**

Week 1 Run one minute, walk two minutes. Alternate this routine for a total of 20 minutes.

Week 2 Run two minutes, walk three minutes. Alternate this routine for a total of 25 min.

Week 3 Run two minutes, walk three minutes. Alternate this routine for a total of 30 min.

Week 4 Run three minutes, walk three minutes. Alternate this routine for a total of 30 min.

Week 5 Run three minutes, walk two minutes. Alternate this routine for a total of 35 min.

Week 6 Run three minutes, walk one minute. Alternate this routine for a total of 40 min.

Week 7 Run four minutes, walk two minutes. Alternate this routine for a total of 40 min.

Week 8 Run four minutes, walk one minute. Alternate this routine for a total of 45 min.

<b>INTERMEDIATE PROGRAM</b> <b>Runner</b>		
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**Before beginning any type of new exercise program, consult your physician.**

**WEEK TRAINING SCHEDULE**

Week 1	Run three minutes, walk three minutes. Alternate this routine for a total of 20 min.
Week 2	Run five minutes, walk three minutes. Alternate this routine for a total of 30 min.
Week 3	Run seven minutes, walk three minutes. Alternate this routine for a total of 30 min.
Week 4	Run eight minutes, walk two minutes. Alternate this routine for a total of 30 min.
Week 5	Run nine minutes, walk two minutes. Alternate this routine for a total of 35 min.
Week 6	Run nine minutes, walk one minute. Alternate this routine for a total of 40 min.
Week 7	Run 13 minutes, walk two minutes. Alternate this routine for a total of 45 min.
Week 8	Run 14 minutes, walk one minute. Alternate this routine for a total of 45 min.

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