

## Planning your goal...

- You know your own group better than anyone, and how far you might collectively 'walk' in one month.
- Keep your goal realistic so that you have something to celebrate at the end, for example, from Edinburgh to Glasgow, or across the English Channel.
- The Inverclyde Globetrotters also used the 'walk' as an opportunity to fundraise.

## Planning a celebration...

At the end of your 'walk' you will receive a certificate stating how far you've 'walked'.

You may also wish to celebrate your achievement in some way. Both for your walk and in helping the Inverclyde Globetrotters to reach the moon!

To register your interest, request a copy of our information pack or additional information contact:

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**Chest Heart & Stroke Scotland**  
**affiliated heart & chest groups**

**LUNAR TREK**  
**1st - 30th September 2011**



## Where it all started...

The Inverclyde Globetrotters is an affiliated group made up of 25 people with various heart conditions, who attend a weekly exercise class in Greenock. To make their exercise more fun, they record the steps they take each week, both at the class and as they go about their daily lives, by wearing a pedometer, and converting the steps to miles.

Since 2008 they have 'virtually':

- 'walked' Route 66 in the USA
- 'visited' 37 European cities
- 'walked' around the world

They mark each new achievement with a certificate, and a celebration.

NOW with 45,000 miles under their belt they're aiming to reach the moon by the end of September.



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## Getting Involved...

Inspired by this great idea, Chest Heart & Stroke Scotland would like to invite all our affiliated groups to join in this 238,857 mile challenge!!

The **LUNAR TREK** will be held  
1st –30th September 2011

**Our LUNAR TREK pack has all the information you will need.**



Reasons for getting involved

- have some fun
- raise your group's profile
- increase your membership
- help people stay fit
- help Inverclyde Globetrotters to reach the moon!
- ... and maybe raise some funds too.

## How will it work?

- CHSS will provide a pack which will include possible 'virtual' routes and the number of steps or miles for each, and other information.
- CHSS will provide Certificates of Achievement.
- CHSS will provide pedometers.
- We ask members to wear a pedometer to measure how far you walk/cycle or dance each week.
- We ask that you 'check in' regularly (preferably weekly) with the number of steps you take so that CHSS can count them.

