

FREESTATE HAPPY WANDERERS

Feeling Better
2015 Fitness

So we need to get started --Not for just January-- But for the whole year.



The guy on the left demonstrates that all important first step. GET STARTED!!

Volkswalking, unless done every day, needs to be supplemented with helpful support activities.

The Idita-Walk takes inspiration from the Alaskan Iditarod dogsled race.



To complete the Idita-Walk, simply walk an average of 30 minutes a day for 35 days between February 1, 2015 to March 31, 2015 for a total of 1049. The 1049 approximates the miles the dogsleds will race. <http://www.idita-walk.com> FHW Volkswalker Melissa Mooney is heading up a team called "Gee Haw Walk Mush". FHW has a YRE near you to walk or use your neighborhood. Registering cost \$10 and you get a pin just for registering. Make it from Anchorage to Nome and you are eligible to purchase finisher's T-shirts or sweatshirts. ALL PROCEEDS GO TO SUPPORT YOUTH ACTIVITIES IN NOME AK.

Wendy Baumgardner is the DIVA of Volkssporting at <http://walking.about.com/cs/beginners/a/blhowprepare.htm>

You will find her a wealth of valuable information and advice for all levels of walkers.

She shares her bio at <http://walking.about.com/bio/Wendy-Bumgardner-61.htm>