¡Congratulations!

Being a walking leader is a great experience. As a walking leader, you are now a participant of Woodburn Community Health Initiative, a social movement that allows Woodburn residents to increase their physical activity.

The benefits of leading a walking group are:

* Become a *Health Promoter* in Woodburn
* Improve your health and the group participant’s health
* Be an active Woodburn resident
* Improve your leadership, communication, and organization skills
* Opportunity to interact with your family, neighbors, and meet new residents

It is very simple to become a walking leader. You need to find the at least two walkers, and turn in the participation log monthly. The two walkers can be your family members, relatives, or neighbors. The information has the intention to monitor the success of walking groups.

Walking leaders will commit to:

* Meet with the Woodburn Community Health Initiative Leader to learn more information on how to start a walking group, routes, and data collection.
* Lead and motivate a walking group at least once a week at the prefer time and day for at least 30 minutes.
* Choose a safe route with enough lighting, complete sidewalks, and use pedestrian crosswalks.
* Notify walkers and the Woodburn Community Health Initiative leader about cancelation, or change of day, time or route.
* Keep a participant log and turn in the participant log each month. Participation log can be entered through the website, mailed to the Woodburn Community Health Initiative leader to 976 Pacific Hwy Woodburn, OR 97071 or sent via email to ygonzalezpena@co.marion.or.us.

By signing, you understand the benefits and responsibilities of a walking leader.

Name

Signature      Date

Thank you so much for being part of the Woodburn Community Health Initiative. Comments or questions, please contact Yuritzy Gonzalez Pena at 503-983-3072.