



*Linked in Friendship, Connected in Service*

**Virtual Annual Walk for Healthy Living – 25th Year**  
**Saturday, September 26, 2020**  
**Overview**

**Objectives:**

- On Saturday, September 26, 2020, all Links, family, friends, and partners will MOVE!
- Record 75 million steps nationally.

**Challenges:** The coronavirus pandemic has gripped the nation and the world. Different federal, national, regional and local shelter-in-place and stay at home orders exist, with varying restrictions regarding the numbers allowed to gather. Knowledge regarding the coronavirus infection and disease evolves daily. All Walk for Healthy Living events must adapt to the challenges of the pandemic so that participants are safe.

**Plan:** Give members and chapters of The Links, Incorporated options for safe participation. The Walk for Healthy Living and the 75 Million Steps Challenge are both interconnected and promote the benefits of exercise and healthy lifestyles to overall health.

**Link-Up to Walk Together/Clusters:**

As a national activity, chapters are requested to plan a virtual walk or exercise activity.

- An online platform (e.g., Instagram Live) will allow participation, and group interaction, for little to no cost.
- Documents metrics (number logged on)
- Allows live connectivity
- Members and guests join in, at home or at a venue in small groups exercising social distancing, considering local and National COVID-19 requirements
- Incorporate different types of exercise. Research shows benefit of four types of exercise: endurance; strength; balance; flexibility. (e.g., aerobic, nonaerobic, standing, seated)  
<https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>

**Other Chapter Options:**

- Host a walk activity at a track, park, or outdoor venue in small groups with physical distancing

- Stagger start times for your walkers
- Families and household contacts move together
- The COVID-19 environment will likely be with us for a while, so consider a virtual event; however, if your chapter decides on a live walk, if able, select a venue to allow spacing
- Select a start time that is convenient for your chapter. Select a time that allows maximal participation from members, friends, and community partners
- Plan for registration, then forward an online link to participate
- Ask participants to record their steps and send them to your chapter HHS chair
- Wear your official Links T-shirt and Links paraphernalia
- Remember to have Fun!

**Social Media PR:**

For information about how to promote your Walk For Healthy Living Annual Walk and the 75 Million Steps Challenge, see *Virtual Communications* and *Walk for Healthy Living Virtual Publicity*.