



2010 OLPH Walking Challenge

Our Lady of Perpetual Help Church

“Keeping our eyes fixed on Jesus ...”

The Archdiocese of Indianapolis has challenged all church and school employees to make an effort to walk during the month of May. At OLPH, we are extending that challenge to parishioners. Here's how it works:

- Plan to walk either as an individual or a team of five people.
- During the month of May, set the goal of walking 100 miles as an individual or 500 cumulative miles as a team. That's an average of 3.2 miles per person each day.
- Purchase a pedometer to keep track of your distance. Record your distance on a regular basis.
- At the end of May, if you have reached the goal of 100 miles as an individual or 500 cumulative miles as a team, send your name to the parish office.
- Parishioners who completed the 2010 OLPH Walking Challenge will be entered into a drawing for gift cards to local merchants.
- Start walking on May 1 and keep walking even when the challenge is over!

Our Lady of Perpetual Help Catholic Church

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Walking helps to maintain good health and provides opportunity for prayer or fellowship. It is a good way to care for our bodies as Temples of the Holy Spirit. Let's walk!