

Step It Up: Caribbean Knights

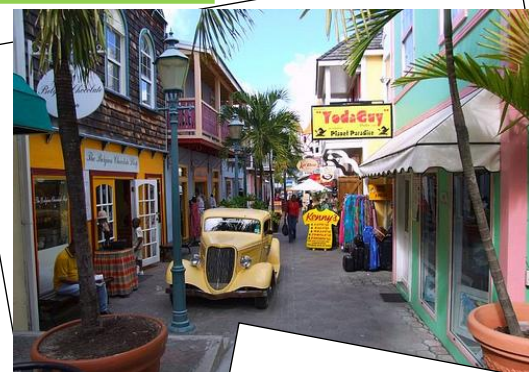
Week 1

Distance: 160 miles

Destination: St. Martin



The island is divided into two territories, its 75,000 population is nearly equally divided between the Dutch and French territories. Sint Maarten is Dutch and Saint Martin is French. The main cities are [Philipsburg](#) (Dutch side) and [Marigot](#) (French side). St. Martin's [Dutch side](#) is known for its festive nightlife, [beaches](#), jewelry, exotic [drinks](#) made with native [rum](#)-based [quavaberry liquors](#), and plentiful [casinos](#). The island's [French side](#) is known for its [nude beaches](#), [clothes](#), [shopping](#) (including outdoor markets), and rich French and Indian Caribbean cuisine. [English](#) is the most commonly spoken language along with a local [dialect](#). The official languages are [French](#) for Saint Martin, and both [Dutch](#) and English for Sint Maarten.



Journey of Faith Week 1 Daily Word of Reflection

Monday: Soul

Tuesday: Calm

Wednesday: Open

Thursday: Aware

Friday: Cleanse

Saturday: Breathe

Sunday: Peace



What is a Labyrinth?

Walking can be a great time to pray, reflect, or just think about your day.

Many religious traditions have used walking as a type of spiritual reflection with a labyrinth. A labyrinth is a winding path leading to the center which allows us to center ourselves by integrating our mind and body. The three stages of walking a labyrinth are:

- 1) walking in or letting go
- 2) reflecting in the center or enlightenment
- 3) walking out or sending forth.

Throughout your seven week journey you are invited to reflect on your mind, body, and soul through a virtual labyrinth. Walking a physical Labyrinth is also a great way to get steps so if you would like to walk a labyrinth there is one available outside of Schneider Stadium. When the weather gets nicer there is also one available at the St. Norbert Abbey Center of Spirituality.



THE BEST WAY TO GET STARTED

http://www.startwalkingnow.org/whystart_fresh_start.jsp

Starting out is the hardest part of any physical activity. It's also the easiest time to get discouraged. But by following these simple steps you can boost your chances to succeed and stay on the road to better health:

STEP 1: Remember that your safety is the most important thing! If you're a male over 40 or a female over 50, you may want to work with your doctor to set up your exercise program.

Unsure if you want to bring a doctor on board? Take our [physical activity questionnaire](#) for help in deciding!

STEP 2: Get familiar with the [American Heart Association's recommendations for physical activity](#), including:

- Aim for at least 30 minutes of moderate-to-vigorous physical activities, 5 days a week
- Remember that physical activity can be accumulated throughout the day. Three 10-minute sessions is the same as one 30-minute session!
- If you're looking to lose weight or maintain your current weight, aim for 60-90 mi

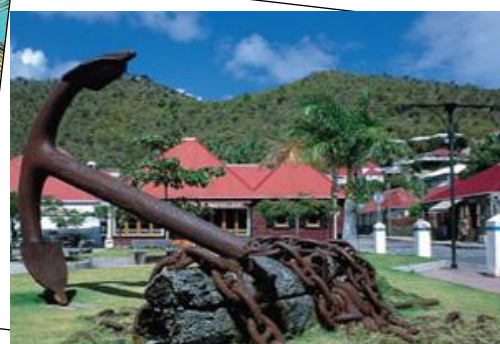
STEP 3: Always measure the intensity of your exercise to know if you're pushing yourself too hard or not hard enough. An easy way to do this is by taking the talk test:

- You should be able to sing while working out at a *light* intensity level
- If you're exercising at a *moderate* intensity level, you should be able to carry on a conversation comfortably
- If you become too winded or out of breath to carry on a conversation, the activity can be considered *vigorous*

You can also [download this chart](#) from the American College of Sports Medicine and Center for Disease Control and Prevention, which lists physical activities by their level of intensity.

Embracing an Attitude: Labyrinth Meditation

As we start the labyrinth, walking can help us free ourselves of daily distractions. Walking can be a form of meditation if we let it. By becoming aware of distractions we are able to identify them and release them from our minds. We can empty ourselves of these small daily stresses so we can find an inner peace. This week you are invited to focus on breathing while you walk as a cleansing practice. This can open your mind for deeper reflection.



Don't forget.....

- ❖ Please turn in your registration money as soon as possible
- ❖ T-shirt order forms are due Friday, **February 18th**. Please drop them off at Health and Wellness Services in the garden level of main hall (Open Monday-Friday 8 a.m. to 4:30 p.m.)

Walking shoes: Features and fit that keep you moving



Walking shoes have some features other shoes don't. Here's what to look for and how to get the best fit. To read this article from the Mayo Clinic go to http://www.mayoclinic.com/health/walking/HQ00885_D or another useful resource on selecting the right pair of walking shoes, is in your Step It Up Guide at <http://www.snc.edu/health/docs/2011CaribbeanGuide.pdf>