

Federation Friday

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GFWC-NC is calling and I must go

Friday's Focus: Walking for Charity - Membership

Charity Miles – A fun and easy-to-use App that will track your walks and raise funds for Shot@Life

The President's Special Project "Healthy Women" has three major components: Walking, Wellness, and Eating Healthy. Our walking goal is to "Walk to the Moon" ... or maybe even over the Moon! To meet this target, our GFWC-NC team of members together will walk a total of about 250,000 miles (the approximate distance from the Earth to the Moon) during the 2018-2020 Administration. *WE CAN DO THIS!*

We will track and measure our progress to the Moon in miles: **2,000 steps or 20 minutes of brisk walking is considered a mile.** (Remember that most people walk about 2 miles each day in normal activity. That 2 miles figure will count toward your daily mileage!)

If you have a smartphone, we want to encourage you to use the CHARITY MILES app to track your miles on your outdoor (or indoor) walks. CHARITY MILES lets your walk to improve your personal health also turn your efforts into a fundraiser for good! It is an easy-to-use app that allows you to track your miles and simultaneously fundraise for charities like our GFWC partner organization *Shot@Life*.

HERE'S WHAT TO DO: Download and install the CHARITY MILES app, **choose *Shot@Life*** as the designated charity, and **be sure to join our "GFWC-NC" team!**

For more details about *Shot@Life*: www.shotatlife.org



For helpful information about beginning your walking program: www.thewalkingsite.com/beginner.html

For more details about CHARITY MILES: <https://charitymiles.org/>

(The CHARITY MILES app works on either iPhones or Android devices using the GPS function to track miles. You must have the Location/GPS setting enabled and must also have your device close at hand to track your walk.)



GFWC MemberShip has its benefits!

Many clubs take breaks from meetings in the Summer months, but the benefits of belonging continue year-round. Did you know that GFWC membership provides you with some substantial discounts? From office supplies to hotels, rental cars, and vacation packages, GFWC has you covered! While you're planning your next event or getaway, be sure to check the GFWC website for special discount for our volunteers.

<https://www.gfwc.org/membership/membership-discounts/>

<https://www.gfwc.org/membership/membership-benefit-programs/>