



get active · get fit · have fun



**Ontario Native Women's Association (ONWA)** together with its **Aboriginal Diabetes Program** is challenging you to a Mocc Walk!

This walking challenge is intended to increase awareness about diabetes as well as to promote physical activity among Aboriginal people across Ontario.

Take the Mocc Walk challenge May 1<sup>st</sup> – June 30<sup>th</sup>, 2015! This challenge will help you get active, plus you can win some great prizes! Just record the number of minutes spent walking, tally your points at the end of the challenge and submit them to ONWA. You can earn 1 point for every 10 minutes you walk. The more points you get, the more chances you have to win great prizes!

Everyone of all ages is encouraged to participate - women, men, youth, children, elders. Participate as individuals or gather your families, co-workers or friends and participate as a team! You can walk anywhere – on a treadmill, outside or at the mall.

\*Registration Required\*

Individuals or Teams (4 per team)

### When?

Begins: May 1<sup>st</sup>, 2015 at 12:00 am  
Ends: June 30<sup>th</sup>, 2015 at 11:59 pm

### Where?

All across Ontario

**To register**, complete the attached registration form and e-mail, fax, or mail it to ONWA.

For more information, please contact Robert Fenton at:

Phone: 807-625-8579

Toll Free: 1-800-667-0816

E-mail: [diabetes@onwa.ca](mailto:diabetes@onwa.ca)



## How far can your moccasins walk?

## Take the Mocc Walk 2015 Challenge!

*A Voice for Aboriginal Women  
and their Families*



# Mocc Walk 2015

get active • get fit • have fun

May 1<sup>st</sup> - June 30<sup>th</sup>, 2015

April 1, 2015

Dear Community Member/Organization:

## Take the Mocc Walk 2015 Challenge!

At one time, Diabetes was unknown in First Nation, Metis and Inuit communities. Diabetes is a key public health concern for Aboriginal people. Aboriginal people are 3 to 4 times more likely to experience Type 2 Diabetes than non-Aboriginal Canadians. Before, older people used to get diabetes, but now, Aboriginal people are getting it a lot younger because their traditional lifestyle has changed so fast.

Although, it is becoming increasingly common in First Nations people, diabetes can be prevented and/or managed by “walking” a balanced life; eating a healthy diet; living an active lifestyle; and having a positive attitude. Ontario Native Women’s Association (ONWA) together with its Aboriginal Diabetes Program, is sponsoring “Mocc Walk 2015” - a walking challenge intended to increase diabetes awareness and to promote physical activity among Aboriginal people across Ontario.

***ONWA and its Aboriginal Diabetes Program ask for your support in promoting this event in your community, women’s Locals, schools, existing walking clubs, Aboriginal businesses and organizations. Please find enclosed the Mocc Walk 2015 Poster and information package. It is our hope that you will hang the event poster in your places of business, community centres, schools etc.***

If more posters or information are required, please contact the ONWA Diabetes Program at 1-800-667-0816, Fax 807-623-1104, or e-mail [diabetes@onwa.ca](mailto:diabetes@onwa.ca),

Miigwetch,

Robert Fenton  
Aboriginal Diabetes Worker

[www.onwa.ca](http://www.onwa.ca)

Head Office: 786 Grand Point Road- P.O. Box15-684 City Road, Fort William First Nation, ON P7J1K3 -  
Toll Free:1-800-667-0816 - Phone: (807)577-1492 - Fax:(807)623-1104  
Satellite Office: 380 Ray Blvd - Thunder Bay, ON P7B4E6 - Phone: (807)623-3442



# Mocc Walk 2015

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May 1<sup>st</sup> - June 30<sup>th</sup>, 2015

## Frequently Asked Questions & Answers

### What is the Mocc Walk?

The Mocc Walk is a walking challenge that promotes awareness about diabetes among Aboriginal people and encourages everyone to “get active· get fit · have fun,” while taking part. Whether walking as an individual or as a team, participants are encouraged to walk and record the number of minutes spent walking. For every 10 minutes spent walking, 1 point is awarded. Points are tallied and submitted to ONWA for the chance at winning some cool prizes!

### Who can participate in the Mocc Walk?

- The Mocc Walk is open to women, men, youth and children throughout the province of Ontario.
- Participants can enter as individuals or as teams of four (4).
- *Note: Teams do not have to walk together.*

### How long is the Mocc Walk?

Walking begins 12:00 am on Wednesday, May 1st and will end 11:59 pm on Sunday, June 30th, 2015.

### Where is the Mocc Walk?

- All across Ontario
- Participants can walk anywhere – a treadmill, outside, at the mall

### What do participants have to do for the Mocc Walk?

- Complete the Registration form and e-mail, fax or mail to ONWA by May 1st, 2015.
- Start walking and record walking minutes on the calendars provided for May and June.
- Tally points monthly (10 minutes of walking= 1 point) and e-mail, fax or mail to ONWA.
- Participants may also submit photos and stories about their walking experiences to ONWA.
- Final tracking results need to be submitted by July 12, 2015.

### Why should I participate in the Mocc Walk?

- Get Active ·Get Fit · Have Fun
- Raise awareness about Diabetes - a key public health concern for Aboriginal people
- Win cool prizes

### How are the prizes awarded for the Mocc Walk?

- Prizes are awarded to the top three (3) individuals and teams for each region in Ontario (Northern, Southern, Eastern, Western)
- All individuals/teams are eligible for the 3 Grand Prizes, which will be randomly drawn.

*\* In order to be eligible for prizes, participants must track their results and submit them to ONWA*

### How do I get more involved?

Contact the Aboriginal Diabetes Education Project at the Ontario Native Women's Association:

380 Ray Blvd · Thunder Bay, ON P7B4E6 · Phone: (807)623-3442

Toll Free: 1-800-667-0816 · Fax: 807-623-1104 · Email: [diabetes@onwa.ca](mailto:diabetes@onwa.ca)

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May 1<sup>st</sup> - June 30<sup>th</sup>, 2015



## REGISTRATION FORM

### Participant Type:

Individual  Team: \_\_\_\_\_ *Team Name*

### Participant #1

Name:	_____	Sex:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Address:	_____			
City:	_____	Postal Code:	_____	
Phone:	_____	Fax:	_____	
Email:	_____			
Age:	<input type="checkbox"/> 0-13	<input type="checkbox"/> 14-17	<input type="checkbox"/> 18-25	<input type="checkbox"/> 26-35
	<input type="checkbox"/> 36-45	<input type="checkbox"/> 46-55	<input type="checkbox"/> 56-65	<input type="checkbox"/> 66+
Status:	<input type="checkbox"/> Off Reserve	<input type="checkbox"/> On Reserve	<input type="checkbox"/> Inuit	<input type="checkbox"/> Métis
	<input type="checkbox"/> Other			

### Participant #2

Name:	_____	Sex:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Address:	_____			
City:	_____	Postal Code:	_____	
Phone:	_____	Fax:	_____	
Email:	_____			
Age:	<input type="checkbox"/> 0-13	<input type="checkbox"/> 14-17	<input type="checkbox"/> 18-25	<input type="checkbox"/> 26-35
	<input type="checkbox"/> 36-45	<input type="checkbox"/> 46-55	<input type="checkbox"/> 56-65	<input type="checkbox"/> 66+
Status:	<input type="checkbox"/> Off Reserve	<input type="checkbox"/> On Reserve	<input type="checkbox"/> Inuit	<input type="checkbox"/> Métis
	<input type="checkbox"/> Other			

### Participant #3

Name:	_____	Sex:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Address:	_____			
City:	_____	Postal Code:	_____	
Phone:	_____	Fax:	_____	
Email:	_____			
Age:	<input type="checkbox"/> 0-13	<input type="checkbox"/> 14-17	<input type="checkbox"/> 18-25	<input type="checkbox"/> 26-35
	<input type="checkbox"/> 36-45	<input type="checkbox"/> 46-55	<input type="checkbox"/> 56-65	<input type="checkbox"/> 66+
Status:	<input type="checkbox"/> Off Reserve	<input type="checkbox"/> On Reserve	<input type="checkbox"/> Inuit	<input type="checkbox"/> Métis
	<input type="checkbox"/> Other			

### Participant #4

Name:	_____	Sex:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Address:	_____			
City:	_____	Postal Code:	_____	
Phone:	_____	Fax:	_____	
Email:	_____			
Age:	<input type="checkbox"/> 0-13	<input type="checkbox"/> 14-17	<input type="checkbox"/> 18-25	<input type="checkbox"/> 26-35
	<input type="checkbox"/> 36-45	<input type="checkbox"/> 46-55	<input type="checkbox"/> 56-65	<input type="checkbox"/> 66+
Status:	<input type="checkbox"/> Off Reserve	<input type="checkbox"/> On Reserve	<input type="checkbox"/> Inuit	<input type="checkbox"/> Métis
	<input type="checkbox"/> Other			

Email, fax, or mail the completed form to:

Robert Fenton – 380 Ray Blvd., Thunder Bay, ON. Email: [diabetes@onwa.ca](mailto:diabetes@onwa.ca) Fax: (807) 623-1104

**Deadline for registration is April 30<sup>th</sup>, 2015.**

[www.onwa.ca](http://www.onwa.ca)

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# Mocc Walk - May 2015





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mocc Walk Reminders:</b> <ul style="list-style-type: none"> <li>• Mark you progress every day</li> <li>• Record 1 point for every 10 minutes of walking</li> <li>• Warm up and stretch first, and drink plenty of water</li> <li>• Email, fax, or call your points in to ONWA at the end of every month!</li> </ul>					1 <i>get active! get fit! have fun</i>	2  Weekly Total =
3	4	5	6	7	8	9  Weekly Total =
10	11	12	13	14	15	16  Weekly Total =
17	18	19	20	21	22	23  Weekly Total =
24	25	26	27	28	29	30  Weekly Total = Monthly Total =
31	<b>Name:</b> _____ <b>Community:</b> _____			For information, please contact: <b>Ontario Native Women's Association</b> 380 Ray Blvd., Thunder Bay, ON P7B 4E6 Phone: 807-623-3442 • Toll Free: 1-800-667-0816 • Fax: 807-623-1104 Website: <a href="http://www.onwa.ca">www.onwa.ca</a> • Email: <a href="mailto:diabetes@onwa.ca">diabetes@onwa.ca</a>		



# Mocc Walk - June 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>get active! get fit! have fun</i>	2	3	4	5	6 Weekly Total =
	7	8	9	10	11	12 Weekly Total =
14	15	16	17	18	19	20 Weekly Total =
21	22	23	24	25	26	27 Weekly Total = Monthly Total =
28	29	30	<b>Mocc Walk Reminders:</b> <ul style="list-style-type: none"> <li>• Mark you progress every day</li> <li>• Record 1 point for every 10 minutes of walking</li> <li>• Warm up and stretch first, and drink plenty of water</li> <li>• Email, fax, or call your points in to ONWA at the end of every month!</li> </ul> 			
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