



Mocc Walk 2017

get active · get fit · have fun
May 1st - June 30th, 2017

Frequently Asked Questions & Answers

What is the Mocc Walk?

The Mocc Walk is a walking challenge that promotes awareness about diabetes 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 Monday, May 1st and will end 11:59 pm on Friday, June 30th, 2016

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, 2017.
- Start walking and record walking minutes on the calendars provided for May and June.
- **Note: Walking minutes cannot include working hours (breaks and lunch hour are acceptable).**
- 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 15, 2016.

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 the top three (3) 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:

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