

Walk in the Park Program Coordinator

Job Description

The **Walk Sleeping Bear** program encourages community residents to utilize the Park, its trails and beaches to increase physical activity and improve physical and mental health. Not only will physical activity programming in the great outdoors help prevent obesity and reduce the incidence of chronic medical conditions, it also has been shown to improve mental health and reduce stress. In addition to the benefits of physical activity, mere exposure to nature has been shown to increase ability to cope with life stressors, increase self-esteem, enhance capacity to pay attention, and lead to greater life satisfaction.

Much of the walking program will be done on the Sleeping Bear Heritage Trail, but some walks will be done on other hiking trails and beaches in the Park. We will advertise this program and hope to get enough participants to have 3 groups of walkers. Groups will have an organized walk 2-3 times per week for July and August.

This program will be part of the "Walk Michigan" program, which is run by MParks - Michigan Recreation and Park Association.

The duties of the **Walk Sleeping Bear** Program Coordinator include:

- Work with **Walk Michigan** program organizers to set establish the Walk Sleeping Bear program at Sleeping Bear Dunes National Lakeshore.
- Receive **Walk Michigan** training.
- Work with Friends Communications Team to advertise the program.
- Assist in recruiting and training walking group leaders.
 - Ensure walking groups are being conducted as scheduled
 - Ensure documentation of participation in the walking groups
 - Assist walking group leaders in planning their walking
- Work with Friends Communications Team to establish a method for communicating cancelation of walking group activities to participants in case of bad weather or other problems.
- Collect and report data from participants to MParks and the Friends of Sleeping Bear Dunes board of directors at the end of the program.

Required Skills or Experience

Communication skills
E-mail and internet availability

Required Training

Provided by Friends of Sleeping Bear Dunes and MParks

Time Commitment

Training from MParks and organizing the program requires about 20 hours.
Walking and supervising Walk Leaders may require 4 hours per week July – August
Reporting results in September may require 10 hours.