

Walk in the Park Program Walk Leader

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** Walk Leader include:

- Receive training from the **Walk Sleeping Bear Program Manager**.
- Schedule a walk 2-3 times per week. Locations may vary.
- Lead stretching, walking, cool-down, and stretching for each walk.
- Ensure documentation of the walk by participants
- If a walk needs to be cancelled, call or send an e-mail to the Friends Communications Team member who will update the status on the web site.
- Collect and report data from participants to the Program Coordinator.

Required Skills or Experience

Communication skills
E-mail and internet availability

Required Training

Provided by Friends of Sleeping Bear Dunes

Time Commitment

Training and organizing the program requires about 8 hours in June.
Walking and supervising Walk Leaders may require 4-6 hours per week July – August
Reporting results in September may require 4 hours.