

Mushkegowuk Health OMA - Winter 2024 Moc Walk Challenge - Registration Form

Mushkegowuk Health OMA is excited to announce the Winter 2024 Regional Moc Walk Challenge. The Moc Walk is a free-to-join initiative that aims to improve diabetes awareness and promote regular physical activity. This challenge is open to all registered Mushkegowuk First Nation members, including Weenusk First Nation. This challenge is also open to Mushkegowuk employees; however, Mushkegowuk employees will be entered into a separate prize pool.

You must be at least 10 years old to participate.

Please complete the registration form below by 11:59 pm on January 14th, 2024.

Why should I participate?

Indigenous communities are disproportionately affected by diabetes. Adopting and maintaining a healthy lifestyle that involves regular physical activity, a balanced diet, and staying smoke-free, is a proven way to lower that risk. For many people, type 2 diabetes can be delayed or even prevented with healthy lifestyle changes alone.

The Moc Walk Challenge is an opportunity to get active and have fun. Over the course of this challenge, participants are required to record and submit their weekly steps. Keeping track of your activity will allow you to look back on your progress over time, and it allows us to hold you accountable and verify your eligibility for prizes.

You will also have the chance of winning some great prizes!

What are the requirements?

The Winter 2024 Moc Walk Challenge will be a six (6) week challenge, as follows:

WEEK ONE: Monday, January 15th – Sunday, January 21st

WEEK TWO: Monday, January 22nd – Sunday, January 28th

WEEK THREE: Monday, January 29th - Sunday, February 4th

WEEK FOUR: Monday, February 5th - Sunday, February 11th

WEEK FIVE: Monday, February 12th - Sunday, February 18th

WEEK SIX: Monday, February 19th - Sunday, February 25th

To accommodate varying activity levels and the reality of inclement weather conditions and illness, there will not be a weekly minimum step requirement. However, **steps must be submitted weekly** to continue to qualify for the final prize draws. We will tally your steps over the course of the six (6) week initiative.

Prizes will be drawn according to a tiered system. The more steps completed, the bigger the prize available to be won. The tiers are as follows:

TIER THREE: a minimum of 210,000 cumulative steps (an average of 5,000 steps per day)

TIER TWO: a minimum of 315,000 cumulative steps (an average of 7,500 steps per day)

TIER ONE: a minimum of 420,000 cumulative steps (an average of 10,000 steps per day)

This means that you must complete a **minimum of 210,000 steps over six (6) weeks** to be eligible for the final prize draws. Your name will only be entered into one (1) of the three (3) tiers. not multiple.

How else can I win?

Every week during the Moc Walk, you will have the opportunity to participate in a weekly challenge. At the end of each week, a winner will be drawn from the participants of that week's challenge.

The registration form is divided into THREE (3) sections.

SECTION ONE must be completed.

SECTION TWO is optional.

Participant Demographics

Please submit only one form per participant.

1. Full name: *

2. Email address: *

3. Please select your category: *

Mushkegowuk community member

Mushkegowuk employee

4. Please select your gender: *

Male

Female

Other

Prefer not to say

5. Please select your age category: *

10-18

19-34

35-49

50-64

65+

Prefer not to say

6. What is your Band affiliation? *

- Attawapiskat First Nation
- Chapleau First Nation
- Fort Albany First Nation
- Kashechewan First Nation
- Missanabie Cree First Nation
- Moose Cree First Nation
- Taykwa Tagamou Nation
- Weenusk First Nation
- Other

7. If you selected 'Other' in Question 3, please specify your Band affiliation in the space below.

(Please write N/A if you selected your Band affiliation in Question 3). *

8. Home address: *

9. Primary contact number: *

10. **Release of liability:** I acknowledge that I, the participant, am voluntarily taking part in the Winter 2024 Moc Walk Challenge event hosted by Mushkegowuk Council. I, the participant, assume all related risks, both known and unknown to me, including, but not limited to, potential injury or travel to, from or during this event. *

Yes

No

11. **Photo release:** As a component of the Winter 2024 Moc Walk Challenge, participants will be asked to submit photos of their progress throughout the event, for accountability purposes.

I, the participant, grant Mushkegowuk Health OMA permission to use my photos, videos, or other digital media in any and all of its publications, including web-based publications without compensation. *

Yes

No

Health Information (OPTIONAL)

This section is optional and pertains to your current health.

12. Height:

Please indicate centimeters (cm) or inches (in) in your response.

13. Weight:

Please indicate kilograms (kg) or pounds (lb) in your response:

14. Are you currently living with any of the following conditions?

- Type 1 diabetes
- Type 2 diabetes
- Prediabetes
- Gestation diabetes
- None of the above
- Unknown/undiagnosed

15. What is your current activity level?

Why do we ask this? Regular physical activity is an important factor for diabetes prevention and management. Knowing your baseline will help you set realistic goals for yourself, and it will help us hold you accountable.

- 2,499 or less steps per day
- 2,500-4,999 steps per day
- 5,000-7,499 steps per day
- 7,500-9,999 steps per day
- 10,000 or more steps per day

16. Do you currently smoke?

Why do we ask this? Smoking is known risk factor for diabetes and diabetes-related complications. Although not a requirement for this challenge, knowing your baseline may help you establish goals to reduce your use.

- Yes, 10 or less cigarettes per day
- Yes, 11-20 cigarettes per day
- Yes, 21-30 cigarettes per day
- Yes, 31 or more cigarettes per day
- No, I do not smoke

Signature

17. Please type your first and last name to complete your registration and click submit below.

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