

Sweat



The most important part of healthy living is staying active. A study conducted by the Nurses' Health Organization found a strong link between being overweight and watching TV. Watching 2 hours of television a day increased a woman's risk of gaining weight by 23% and developing diabetes by 14%. It didn't even matter if the women were avid exercisers. The more television they watched, the more likely they were to gain weight or develop diabetes.* A great way to stay active and to help nonprofit organizations is by participating in a 5K race. There are many [races to participate](#) in and even if you aren't a runner there is often a walking option. Find some organizations that you are passionate about and get out there and get moving. * Hu, F.B., et al., Television watching and other sedentary behaviors in relation to risk of obesity and type 2 diabetes mellitus in women. *JAMA*, 2003. 289(14): p. 1785-91.

Promise:

I will participate in and finish one marathon OR ten 5K races in a year and five of those will raise money for charitable organizations.

Element of Honor:

Self-Control

My greatest battle lies within. Control over one's own emotions, desires and actions often defines the success or the failure of a promise. I work to build self-control so that I may better myself and the world around me. I must be willing to accept personal responsibility for what I have done and what I have failed to do – both in what is good and what is not. Accountability helps me understand that my decisions have consequences. I help hold others accountable, but before I become too upset with the broken promises of others, I remember that I too have weakness.

Action Items:

- Begin training for walking/running in a race (talk with your doctor, if necessary).
- Do some research and identify some races in your community that work in your schedule.
- Register for the race or races.
- Put the race date on your calendar along with daily and weekly training times.
- Invite a friend or family member to join you.
- Participate in one marathon OR ten 5K races in a year.

Verification:

Complete Badge [Verification Form](#) (located on website) which should include a picture of you and/or your race bib at each race and the organization you raised funds for.

Approval:

Badges will be verified and approved for presentation quarterly.

because
I said
I would.

I'm inspired to...

*"It's not hard to make decisions when you know what your values are."
Roy E. Disney*