



Striding for Healthy Living

MD-2 Lions of Texas invites you to participate on a virtual stride (walk, run, bike, dance, swim and etc.,) at your leisure and place, in observance of the World Diabetes Day (Nov. 14th and November as World Diabetes Month).

Due to the success of this event last year, we are continuing the virtual “Striding for Healthy Living” Program.

Many of us have taken advantage of the COVID shutdowns to walk, run, bike, dance, swim etc., as a way to get out of the house and exercise, so we are encouraging Lions to exercise during the month and to keep track of the exercise/s of their choice. We want to encourage and involve our communities to exercise as a means of creating healthy living, and one of the controlling factors that can reduce your risk in developing Type 2 Diabetes. This is a great way to support Diabetes Awareness and get the much needed exercise .

From November 1 through November 30, we are asking Lions to record how far you walk, run, bike or dance during the month. **JUST DO WHAT YOU DO, BUT RECORD IT!!** If you do it with your spouse, children, or friends, include them as well. **Lions should report their results no later than December 31 to their Lions Club Sec. or Diabetes Chair,** who should collect the results and report them to your District Diabetes Awareness Chair. Let’s challenge what we have done last year! Please note new member/s recruited this time as a result of this initiative.

Participating Clubs will be noted in the District Newsletter, and recognition will be given to most miles walk, run and or bike on a per-Club basis, highest average miles per participant on a per-Club basis, and highest average miles per Lion on a per-Club basis. District winners will be announced at the Mid Winter Conference Jan. 2026 and will automatically compete for the state. Winners for the MD2 will be announced at the Feb. CoG meeting in Kerrville, TX.

If you have any questions, please contact your District Diabetes Awareness Chair OR

Lion Gloria Mathur
MD 2 Chair Diabetes Awareness
972-896-9953
gmathur120@gmail.com

Striding for Healthy Living

Please report the following (and address questions) to your District Diabetes Chair by December 31, 2023

1. Name of Club: _____
2. Number of Club Members participating: _____
3. Number of total participants (including non-Lions): _____
4. Total miles (Club _____) for each of the categories and Participant’s Name of the highest # of miles for each categories

a. Walking _____	d. Swimming _____
b. Running _____	e. Dancing _____
c. Biking _____	f. Pickle Ball _____

Number of new member/s recruited _____

**If you have any questions , please contact your District Diabetes Awareness Chair or
Lion Gloria Mathur- MD-2 Chair of Diabetes Awareness - Ph: 972-896-9953 (c) Email: gmathur120@gmail.com**



Striding for Healthy Living Challenge

Report

Club / District :

Participants: # of Club Lion members _____
non- Club Member (spouses, friend, children) _____

Members :

Name

miles / physical activity

Non- members :

Name

miles/physical activity

Submitted by :



Strides for Healthy Living Individual tracking sheet

Name:

Club/ member or non member

November

Miles Walked Ran/Swam Biked Dance others Total

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30

Totals