

The Right Path to Your Walkathon Goals

By Amanda Carter (AKA Coach Carter),
 Event Coordinator



Amanda Carter

Have you started smiling yet? Well, if you have been consistent with the mantra: “Move, Mood, Attitude,” I am guessing you can sing a resounding “yes” to that question. When you move, it promotes a good mood which leads to an overall good attitude. If you have begun your walking journey, great work, you are on the “right path.”

Wintertime can make it challenging to get your walking steps in. It is cold outside, and snowy or icy conditions can be less than desirable to walk in. As a result, this can lead to sluggish indoor patterns in our daily winter lives. Here are some other ideas to keep you moving:

- Play your favorite dance music in your home and **DANCE!** Visit this link to get you going to “Happy” by Pharrell Williams: <https://youtu.be/C7dPqrmDWxs>
- Find an **exercise video** that speaks to you and weave it into your day. Consider starting with LifePath’s Healthy Living Home Workout Playlist: <https://tinyurl.com/42k2vhpK>. Or sign up for one of LifePath’s free Healthy Living workshops for more great tips!
- Join a **gym** and work with a trainer to get you going on a specific regime, made just for you. Our fitness partner, Franklin County’s YMCA in Greenfield, MA is a great place to start.

We sometimes forget to drink water in colder weather. Don’t become dehydrated.

Three things to think about in the winter months: Stretching, Oxygen, Water

- First things first: **Stretch!** Wake up those muscles and alert them! It is important to make sure you stretch before and after your movement regime. Visit <https://youtu.be/6NQkevf6HsA> for a pre-walk stretching guide.
- Fresh **air** is so important for our mental and physical self. If you love to walk, but are uncomfortable being cold, stretch to warm up, then bundle up and take a quick lap around your residence. By warming yourself up first, the fresh air will energize you and might even encourage you to walk longer.
- We sometimes forget to drink **water** in colder weather. Don’t become dehydrated. Make it a point to always have a glass of water, healthy beverage, or tea with you to

sip on throughout the day. Get creative with your drinking choices and when in doubt, choose a warm cup of herbal tea, which is both satisfying and hydrating. To learn more about dehydration in older adults, visit: <https://tinyurl.com/4extz8rz>. (If you are not able to access this link, request a paper copy of the resource by sending an email message to giving@lifepathma.org.)



With this inspiration to get moving, the next steps for Walkathon participants include:

- registering for LifePath’s 2023 Path for Life Walkathon event by visiting <https://tinyurl.com/5x86mtnw>;
- requesting your online personal fundraising link to share through email and social media or requesting a paper donation form by sending an email message to giving@lifepathma.org or calling 413-829-9199;
- pumping up your walking and fundraising activity, and;
- inviting or gathering your team members and asking them to do the same!

In 2022, teams raised a record-breaking \$40,000 for Meals on Wheels, in-home supports, and much more. That journey of success started by putting one foot in front of the other, and making the first request of family and friends. And then asking another, and another. The Path for Life Walkathon will be here before we know it on Saturday, May 6th. Start your walkathon journey of 2023 right now!

A March, Tchaikovsky, and The Lion King: Who Could Ask for More?

By Carol Foote, Outreach and Development Director



Carol Foote

In its 19th year, the Northfield Mount Hermon Instrumental Ensembles will again host a benefit concert for LifePath to kick off

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LifePath’s Walkathon season. The concert is scheduled for Sunday, February 19th at 3 p.m. on the beautiful Northfield Mount Hermon campus in the Rhodes Arts Center.



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The Concert Band will present music from the heart of its literature: Winds of Celebration by Tyler Grant, a Sousa march, and Chester by William Billings. The strings of the Orchestra will play the first movement of Tchaikovsky’s famous String Serenade, and a new composition called Testimony by African American composer Charleton Singleton. The groups will collaborate to present a wonderful medley of music from The Lion King. The Jazz Ensembles will be performing Swing & Latin Jazz selections including Duke Ellington’s Take the A Train and Herbie Hancock’s Cantaloupe Island.

Donations may be given online by scanning the QR code below or, at the venue, a collection jar will be available for cash or checks. We are so grateful to Steve Bathory-Peeler, Orchestra and Band Concert Director, Ron Smith, Director of Music Programs, and the instrumental staff and students, for continuing to make the needs of LifePath a priority with this benefit concert. Thank you to the NMH community and donors who support LifePath in so many ways.



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413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org