



Striding for Healthy Living

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

This event is initiated by the MD-2 Diabetes Chair and Districts 2X1 and 2E2 Diabetes Chairs.

We are doing “ Striding For Healthy Living “ virtual due to COVID – 19 pandemic. Many of us have taken advantage of the COVID shutdowns to walk, run or bike 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 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 . It can also reduce the odds of developing various diseases and extend your life span.

From November 1 through November 30, we are asking Lions to record how far you walk, run or bike 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**, who should collect the results and report them to your District Diabetes Awareness Chair.

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.

Lions can take advantage of this activity also, to solicit funds for Lions Club International Foundation, District or your local Lions Club toward Lions’ diabetes awareness activities. If you have any questions , please contact your District Diabetes Awareness Chair or me.

Lion Gloria Mathur
MD 2 Chair Diabetes Awareness Chair
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, 2020:

1. Name of Club: _____
2. Number of Club Members participating: _____
3. Number of total participants (including non-Lions): _____
4. Total miles for each of:
 - a. Walking _____
 - b. Running _____
 - c. Biking _____