February 2020

G’day

How about joining fellow Skyline residents in a fun non-competitive walk in Australia? Actually it’s a virtual walk in the Land Down Under. All we have to do is turn in the amount of exercise activities we do during an upcoming 4 week period—whatever activity we do. Activities like walking, swimming, treadmill time or exercise classes are converted by us into cumulative miles for the group. You can monitor your own activity on a device such as a fit-bit or iPhone.

So your Fitness and Wellness Committee hopes you “Blokes and Sheilas” will join us. The walk will begin on Monday, February 3rd and end on Sunday March 1st. There will be a formal kick-off at the Thursday Happy Hour during that first week, on Thursday February 6th.

We will walk, fly, ride camels, and hop along with kangaroos as we tour this beautiful country starting in Sydney then visiting Melbourne, Tasmania, Adelaide, Kangaroo Island, the Ghan Train, the Outback and on to the Great Barrier Reef. We are sensitive to the devastating fires in this amazing country, but want to celebrate its beauty and diversity. It’ll be fun to watch our progress on a map posted on the 4th floor with some stories about our adventures.

Please note that any level of exercise is helpful for us to reach our goal—so please hop along with us. A sample reporting slip is on the reverse side of this note. These reports are due by 10 AM on Monday each week in a box in the mail room. Or you can simply email your weekly results to Lisa (lbrudvik@skylineseattle.org). Individual results are not reported. No worries, this is a non-competitive group effort just for fun and to get us moving.

Best regards,

Jim deMaine, Chair for the

Fitness and Wellness Committee