



WinVinaya Foundation

Enabling an Inclusive Society

80G Tax exemption available for Indian Donors

WVF-UTSAV 2021

“Get FIT with WinVinaya”

MARCH TOWARDS A HEALTHY AND INCLUSIVE SOCIETY

06, March 2021



What is “Get FIT with WinVinaya” event?

25 Day Walk

86 Walkers

7 Teams

- Each Team has Persons with & without Disabilities
- Led by PWD or Woman

3 Inclusive Events

With Games/ Quiz to Enjoy & Learn

13-Mar
Saturday

- Deaf Culture
- Basic Sign Language
- Success Stories

20-Mar
Saturday

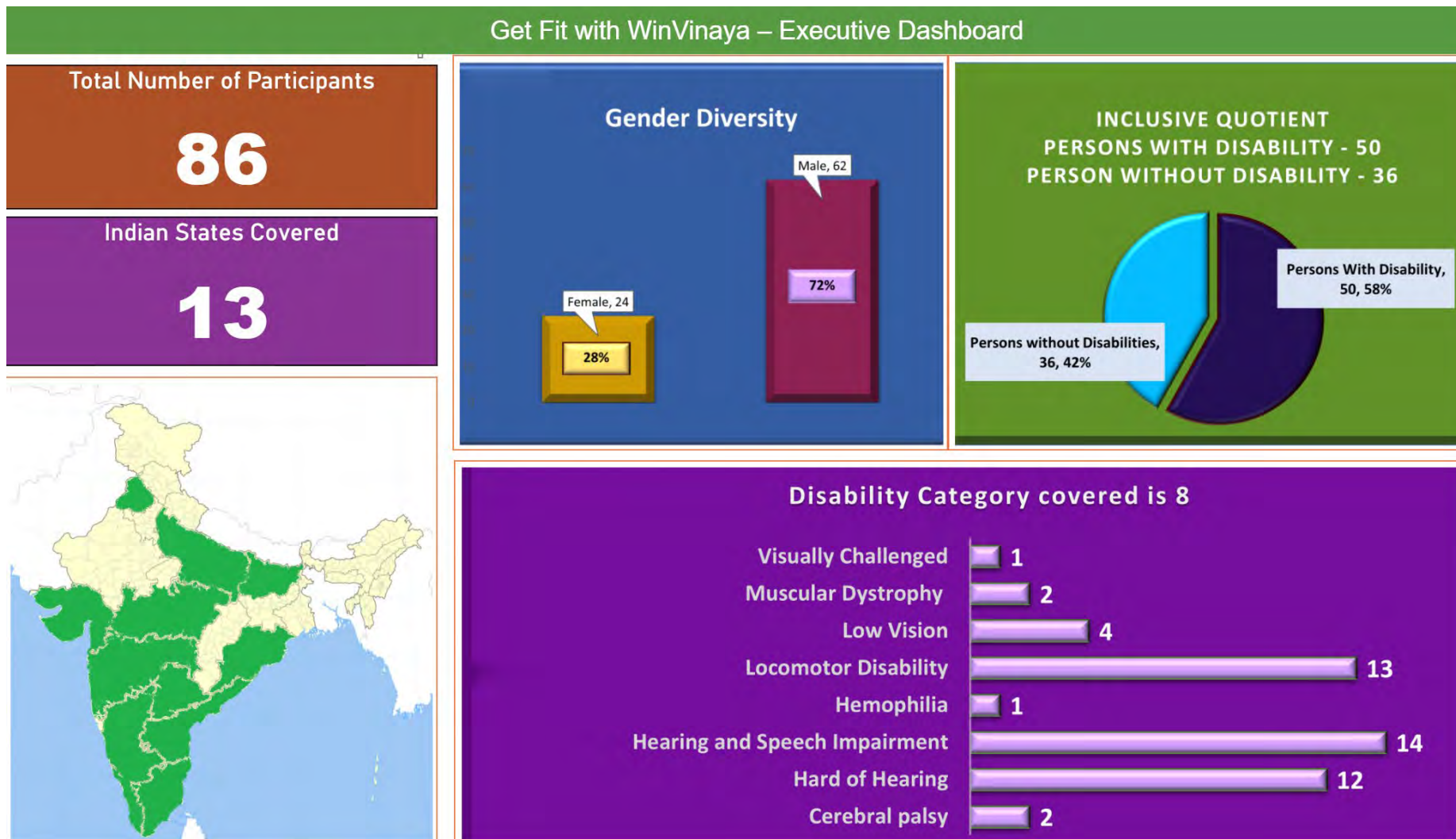
- Intro to Visual Impairment
- Screen Reader
- Success Stories

27-Mar
Saturday

- Meet Paralympians
- Success Stories

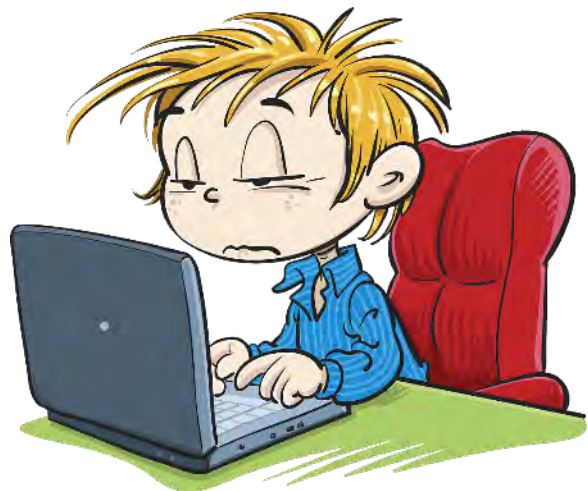


Profile of the Participants





Why is this event important?



- ❖ Lockdown has forced us to spend many hours in front of a computer
- ❖ Along with Screen Fatigue, there is a significant decrease in physical activity

This event encourages you to

- ✓ Be Healthier through Walking/ Exercise
- ✓ Increase your Inclusion Quotient



Progress & Next Steps



FAQ...



Qn-1: I don't know any app/ gadget to measure steps. Any ideas?

- Download and use Google Fit App (<https://g.co/kgs/CSLha8>). It is free and without Ads.
- You can measure walking steps; Even track other workouts

Qn-2: I already use an App/ Gadget. Should I download Google Fit?

- No Need. Use your app/ Gadget.
- Share the Screen Shot of your daily progress (# of steps) in your Team Whatsapp Group

Qn-3: Instead of Walking, I do other work-outs. Now what?

- Great! Important thing is to get healthier. Use Simple Approx Calculations & Share it in # of Steps
- 1 Calorie Burnt = 4 walking steps; 1 KM Walk = 1,300 walking steps;
- Most apps/ gadgets give steps; So, we use walking steps as a common measure for progress tracking.

I have other Questions. Whom to ask?

- Ask your team lead in your Whatsapp group or Ask Kevin.



Important Tips...

Set your goal
which will stretch
you a bit

Walk Everyday.
Make it a habit!

Walk more on
Weekends!

Try Walking in the
Morning, After
Lunch, Evening

- ❖ Remember! This is NOT a competition!
- ❖ Some days you will walk more than your goal. Some days less. That is normal.
- ❖ Weave walking into your daily chores. Even if you want to drink water – walk 100 steps, then drink water. Walk 100 steps and come back.
- ❖ Share your progress daily in your team - whatsapp group



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Thank You!