

How to Earn Sports & Fitness Medals:

FIRST: choose the pin that you would like to earn.

SECOND: download the Record Forms from our website or ask your lodge Sports & Recreation Director for a record card for the pin you would like to start working towards.

THIRD: we advise you to get permission from your physician before beginning any exercise program.

FOURTH: read the Record Form to find out what your goals are for each session and record them.

FIFTH: have someone initial your recorded efforts.

SIXTH: when your Record Card is complete, submit it to your lodge Sports & Recreation Director. He/she will check the record and order your pins. The pins will be presented to you at a lodge meeting. Pins are made available by Sons of Norway Headquarters at no cost.

Sons of Norway hopes that you will use this program to start a lifetime of fitness.

Sports & Fitness Medal Program

...at a glance.

- ★ *Participants must be Sons of Norway members*
- ★ *Earn pins when goal level is complete*
- ★ *Start new goal level right away*
- ★ *Download information and Record Forms from the Sons of Norway website:*

Sports Directors:

*Order pins and Record Forms from the Sons of Norway Supply Department at
800-945-8851 ext: 645*



SONS OF NORWAY

1455 West Lake Street
Minneapolis, MN 55408
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SPORTS & FITNESS MEDAL PROGRAM



Sons of Norway's Sports & Fitness Medal Program brings a bit of Norwegian tradition to its members by encouraging everyone to participate in activities that will improve their health and well-being in ways that suit each individual.



Here is a brief summary of each requirement within the program. Each sport pin has 4 levels of achievement: Bronze, Silver, Gold, and Enamel. Bronze is the first level, while Enamel is the fourth and final level.

Members must work through the series in sequence, beginning with the Bronze pin.

Members must complete the requirements for each level within 365 days.

NOTE: If the member completes the requirements in a shorter period, he/she can immediately begin working on the requirements for the next level in the sequence. When one level has been completed, the member

may want to become even more fit by working towards the next level, continuing until the member has achieved the highest level desired. This process is the same for all pins: Gangmerke (Walking), Sykkelmerke (Bicycling), Skimerke (Skiing), and Idrettsmerke (Sports/Fitness activities).



GANGMERKE (see Record Form #813)

(pronounced "Ga-ung-merk-a"):
"Gang" is the Norwegian word for walking, "merke" means pin or in this case, level of achievement (Bronze, Silver, Gold & Enamel).

If you like to walk or use a treadmill, then you can earn the Gangmerke medal according to your abilities or desired achievement.



SKIMERKE (see Record Form #804)

(pronounced "Shee-merk-a"):
"Ski" is a true Norwegian word that is used in the English language and Skimerke refers to cross-country skiing. Of course if you have a ski exercise machine, then you can use the mileage to qualify for a Skimerke pin.



SYKKELMERKE (see Record Form #810)

(pronounced "Sick-ke-merk-a"):
"Sykkel" means bicycle in Norwegian. If you like to ride outdoors or ride the stationary bike at the health club or in your own home, this is the program for you. Work your way through the levels and see how fit you become.



IDRETTSMERKE (see Record Form #811)

(pronounced "Eee-dreatts-merk-a"):
Idrettsmerke is similar to what you do at the health club. It is a balanced exercise program focused on **Distance**, **Duration**, along with a wide choice of **Sports/Activities** to help maintain fitness, strength, and flexibility. To earn your Idrettsmerke medals you must acquire 1/3 of your points from each part.

- The first 1/3 of your pin points will be earned with **Distance** activities such as swimming, roller skiing/blading, jogging, etc.
- The second 1/3 of your pin points will be earned doing **Duration** activities such as: rowing, dancing, floor/aqua aerobic exercises, rope jumping, etc.
- The final 1/3 of your pin points will be earned doing **Sports/Activities** such as: golf, bowling, handball, broomball, table tennis, etc.

NOTE: If you don't see your 'favorite' fitness/sport activity listed on the Record Card, consult with your lodge or District Sports Director to determine what activity listed is most like your favorite to determine the points assigned to that activity.

