

Walking as a Practice Additional Resources and Links

Case Studies

- **American Pilgrims on the Camino**
To foster the enduring tradition of the Camino by supporting its infrastructure, by gathering pilgrims together, and by providing information and encouragement to past and future pilgrims.
Main website: <http://americanpilgrims.com/>
- **American Volkssport Association**
Mission: The American Volkssport Association (AVA) is the advocate for the promotion and organization of walking and other noncompetitive sporting events that encourage physical fitness, fun and friendship for people of all ages and abilities.
Main website: <http://www.ava.org/>
- **Continental Divide Trail Coalition**
Mission: The Continental Divide Trail Coalition's mission is to create a community committed to construct, promote, and protect in perpetuity the Continental Divide National Scenic Trail which stretches from Canada to Mexico, through Montana, Idaho, Wyoming, Colorado, and New Mexico.
Main website: <http://www.continentaldividetrail.org/>
- **Every Body Walk Collaborative**
Mission: The Every Body Walk! (EBW!) Collaborative is a partnership of national, state and local organizations, federal agencies, businesses, and professional associations that are committed to developing and implementing collective approaches that can return walking to a valued, cultural norm for all Americans.
Main website: <http://everybodywalk.org/>
- **GirlTrek**
Mission: A movement of thousands of Black women and girls who inspire each other to live our healthiest most fulfilled lives.
Main website: <http://www.girltrek.org/>
- **Healthy Shasta**
Mission: Healthy Shasta is a local partnership to promote healthy and active living among north state residents. We joined forces out of concern over increasing rates of childhood obesity and chronic diseases such as type II diabetes.
Main website: <http://healthyshasta.org/>
- **MCOA Keep Moving Walking Clubs**
Mission: The Massachusetts Association of Councils on Aging and Senior Center Directors, is a non-profit membership organization comprised of municipal Councils on Aging. Our mission is to support the independence of adults 60 and older by advocating for programs and services to meet their needs, promote the growth and quality of Councils on Aging and senior centers and strengthen the professional skills of Council on Aging staff.
Main website: <http://www.mcoaonline.com/>

- Meetup**
 Mission: Meetup's mission is to revitalize local community and help people around the world self-organize. Meetup believes that people can change their personal world, or the whole world, by organizing themselves into groups that are powerful enough to make a difference.
 Main website: <http://www.meetup.com/>
- Partnership for National Scenic Trails**
 Mission: The Partnership for National Trails System connects member not-for-profit trail organizations and Federal agency partners to further the protection, completion, and stewardship of the 30 National Scenic and Historic Trails within the National Trails System.
 Main website: <http://www.pnts.org/>
- Susan G. Komen**
 Mission: To save lives and end breast cancer forever by empowering others, ensuring quality care for all and investing in science to find the cures.
 Main website: <http://www.komen.org>
- Walk2Connect**
 Mission: We create whole health outcomes through innovative walking programs focused on connections to others, to place, and to self.
 Main website: <http://www.walk2connect.com/>
- Walk With a Doc**
 Mission: The Walk With a Doc mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.
 Main website: <http://www.walkwithadoc.org>

Named Resources, Organizations, Publications

- America Walks**
 Mission: The mission of America Walks is to make America a great place to walk by promoting safe, convenient and accessible walking conditions for all.
 Main website: <http://americawalks.org/>
- American Heart Association: Fit-Friendly Worksites**
 Requirements for recognition and the current list of Platinum members updated April 2015.
 Award and requirements:
http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/Fit-FriendlyWorksites/The-American-Heart-Associations-Fit-Friendly-Worksites-Program-Requirements_UCM_460639_Article.jsp
 Platinum members: http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_474369.pdf
- Fitbit**
 Main website for where millions of users are going to track steps, miles, and health through GPS tracked app and wristband.
 Main website: <https://www.fitbit.com/>
- How many people are actually affected by their Fitbits?**
 Helpful write-up by BuzzFeedNews and Stephanie Lee on recent Fitbit data and behavior tracking.
<http://www.buzzfeed.com/stephaniemlee/how-many-people-actually-use-their-fitbits#.kgW6LIY99>

- **Just Walk in Off: Emotional Well-Being and Walking**
Great write-up by Mark Sisson on the emotional benefits of walking.
<http://www.marksdailyapple.com/just-walk-it-off-how-walking-can-improve-your-emotional-well-being/>
- **Mall Walking: A Program Resource Guide**
Comprehensive guide on starting and sustaining mall walking programs.
Center for Disease Control downloadable link:
<http://www.cdc.gov/physicalactivity/downloads/mallwalking-guide.pdf>
- **MapMyWalk**
Leading map and walk building, tracking, and sharing app.
Main website: <http://www.mapmywalk.com/>
- **The Walking Revolution**
Documentary produced by Every Body Walk Collaborative explores the tremendous changes a regular walking routine can make in your life and community.
<http://everybodywalk.org/documentary/>
- **Walking Program Toolkit for the Workplace**
Toolkit developed for Washoe County Chronic Disease Coalition, updated in 2011.
http://www.gethealthywashoe.com/fb_files/Walking%20Toolkit%202011.pdf
- **Workplace Wellness That Works: 10 Steps to Infuse Well-Being & Vitality into Any Organization**
Great read on impacting long-term behavior, culture, and practice in worksite wellness by Laura Putnam.
<http://www.amazon.com/Workplace-Wellness-that-Works-Organization/dp/1119055911>

Great Reads, Links, Stories

- **23 and ½ Hours: What is the single best thing we can do for our health?**
A great animation video documenting the true case for walking by Dr. Mike Evans.
<https://www.youtube.com/watch?v=aUalnS6HIGo>
- **Life@3MPH: TEDxYOUTH@MileHigh**
An inspiring talk by Jonathon Stalls on walking 3,030 miles across the United States and walking to connect.
<https://www.youtube.com/watch?v=FEAM4xdCDLE>
- **Solvitur Ambulando: It is Solved by Walking**
An elegant write-up by Brett and Kate McKay on the history and culture of going by foot.
<http://www.artofmanliness.com/2013/04/22/solvitur-ambulando-it-is-solved-by-walking/>
- **The Complete Walker IV**
A walker's encyclopedia. Inspiration, planning, and tips. Also referred to as the "Hiker's Bible" by Colin Fletcher and Chip Rawlins
<http://www.amazon.com/The-Complete-Walker-Colin-Fletcher/dp/0375703233>
- **Thinking & Feeling**
A great short video on walking, thinking, and feeling by Maira Kalman.
https://www.youtube.com/watch?v=Ze_Pz5fTdrY

- **Wanderlust: A History of Walking**
A powerful and reflective read on the soul of going by foot by Rebecca Solnit.
<http://www.amazon.com/Wanderlust-History-Walking-Rebecca-Solnit/dp/0140286012>
- **Workplace Wellness That Works: 10 Steps to Infuse Well-Being & Vitality into Any Organization**
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WALKS