Program Overview
Summary

• What is Walk with a Doc?
  • Mission
  • History
  • Growth and Metrics
• Overview of a Typical Walk
• Benefits
  • Community
  • Walk Leaders
How it began

“I was frustrated at my inability to affect behavior change in my patients and I wasn’t content practicing that way for the rest of my career. I wanted them to have to say ‘no’ to my face so one day in the spring of 2005 I said, ‘Hey, how about if my family and I were at the park to join you for a walk?’ The response was phenomenal.”
What is Walk with a Doc?

The success of this walk led to the development of....
Mission

*Inspiring communities through movement and conversation.*

Walk with a Doc aims to:

**Encourage**
Healthy physical activity in people of all ages.

**Reverse**
The consequences of a sedentary lifestyle.

**Improve**
The health and well-being of the world.
Growth and Metrics

48 U.S. States

26 Countries

500+ WWAD chapters walking weekly, biweekly, or monthly
Averaging 18+ walkers per event, ranging from 2-315 walkers/event

Number of Walk Chapters

<table>
<thead>
<tr>
<th>Year</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>149</td>
</tr>
<tr>
<td>2016</td>
<td>280</td>
</tr>
<tr>
<td>2018</td>
<td>455</td>
</tr>
</tbody>
</table>

Estimated Walker Visits per Year

<table>
<thead>
<tr>
<th>Year</th>
<th>Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>40,000</td>
</tr>
<tr>
<td>2016</td>
<td>128,000</td>
</tr>
<tr>
<td>2018</td>
<td>151,000</td>
</tr>
</tbody>
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A Typical Walk
A Typical One-Hour WWAD Event

<table>
<thead>
<tr>
<th>Walk Leaders</th>
<th>The event is led by healthcare provider(s) such as a Physician, Nurse Practitioner, Physician’s Assistant, Physical Therapist, etc.</th>
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<tbody>
<tr>
<td>Health Talk</td>
<td>5-7 minute health talk on a topic of the leader’s choice with some time for questions.</td>
</tr>
<tr>
<td>Walk!</td>
<td>For the remainder of the hour, the leads participants on a walk at their own pace and answers questions.</td>
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<tr>
<td>Optional</td>
<td>Blood pressure checks, health screenings, and healthy snacks and drinks are often a part of Walk with a DOc events as well.</td>
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</tbody>
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All Walks are FREE!
Benefits
Benefits for Walkers

Survey says!
Additional benefits of the walks include: high levels of camaraderie, safer communities, increased energy, and much more!

A simple walk has the power to totally transform nearly every aspect of your health—strengthen your heart, lower your cholesterol, improve your memory, give you energy, relieve stress, you name it!

Click Here for 100 Reasons to Walk
Benefits for Walk Leaders

- **Provider-Patient Relationship**
  - Disrupt the “White Coat Barrier” and spend time with your patients in a meaningful way

- **Blast Burnout**
  - 86% of physicians report feeling like they make a personal connection with walkers, leading to less physician burnout

- **Community Recognition and Trust**
  - WWAD physicians are seen as leaders within the community

- **Walker to Patient Conversion**
Testimonies

DOCS

SUSAN PIKE MD, Plastic Surgery Georgetown, TX

“I support the WWAD program wholeheartedly. I come away each time feeling energized, positive and as if I have touched someone in a way I cannot in my office.”

NANDANA KANSRA MD, Internal Medicine Worcester, MA

“WWAD is an opportunity to get fitter, it’s a way for patients to meet others looking for company to walk with, it is an education, it is laughter, it is camaraderie, it is group therapy.”

WALKERS

GARY Walker Dixon, IL

“At 81 years old, I attend Walk with a Doc almost every week. Walking has become much more enjoyable, and I’ve been blessed with the unexpected benefits of it. I know I’m in a better state of health because of Walk with a Doc.”

AMAR Walker Columbus, OH

“To me it goes beyond the medical aspect really. These doctors and other medical professionals that we walk with and interact with, they almost become like your family.”
Thank you!