

# WALK YOUR HEART TO HEALTH

The manual is designed for organizations and individuals who are interested in starting a walking group in their community. Walk Your Heart to Health is a group walking program that emphasizes social support and groups. The program identifies common challenges and solutions to walk-ing in urban areas. It is focused on building community strengths (e.g., community-based organizations). It is especially designed for people who live in areas with fewer resources for recreation, where the environment is more challenging for physical activity, or those who simply prefer walking with others in a group. The program meets the mini-mum recommendations for physical activity, and can be adapted for those who wish to walk at differing paces or distances.

## WEBSITE(S):

[www.hepdetroit.org](http://www.hepdetroit.org)



Walk Your Heart to Health

## Health Conditions addressed by the program:

- High blood pressure
- Diabetes (high blood sugar)
- Heart Disease
- Cancer
- Obesity

## Methods to address Health Condition(s):

Physical activity

## Participants of the program

- Adolescents 13-18
- Adults
- Families
- Community based organizations

## Delivery format

- a. Small interactive group (8-12 individuals)
- b. peer-to-peer support/ buddy system

Walk Your Heart to Health

### **Length of time and number of sessions:**

- Goal is 150 of moderate to vigorous physical activity per week.
- 32 weeks with groups meeting 3 times/ per week for 1.5 to 2 hours each time – participants to attend at least 2 times/week (implementation team sets duration and frequency)

### **Resources and tools included in the program**

- Downloadable Walk your Heart to Health Manual (from website)
- Website
- Program session outline and session materials
- Handouts (to be printed)
- Guidance for identifying community resources
- Self-assessment tools

### **Costs (of the Church)**

- dependent upon what extras church participants might decide to do (pedometers, reusable water bottles, printing, etc.)

### **Evaluation**

- Evaluation forms for before and after the program is done
- Rating of satisfaction, knowledge, and/or confidence gained
- Attendance



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