Program Overview
Summary

- What is Walk with a Doc?
  - Mission
  - History
  - Growth and Metrics
- Overview of a Typical Walk
- Benefits
  - Community
  - Walk Leaders
"I was frustrated at my inability to effect behavior change in my patients and I wasn't content practicing that way for the rest of my career, or for the entirety of my career, so it was a combination that I needed to do something else and my kids were really young at the time, one of them was just starting to walk, I really wanted them to be involved in the park and I said, 'Hey, how about if my family and I were there?'"

-Dr. David Sabgir
Founder, Walk with a Doc
Mission

Walk with a Doc

Inspiring communities through movement and conversation.

Our mission is 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>Number</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>
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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>
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</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>
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<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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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 KANNA**
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**
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**
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.”