

EVIDENCE-BASED WALKING PROGRAM FOR OLDER ADULTS

PROGRAM OVERVIEW



12 Weeks, 2 days a week, supervised walking program
with high program satisfaction (100% would recommend it to others)



Assesment of walking ability and balance
to provide individualized motivation and feedback



Goal setting
to set personal, realistic walking goals



Group-based, safe walking program for older adults
with mobility and balance challenges

BENEFITS TO YOUR ORGANIZATION

- Turnkey program developed by Wake Forest Sticht Center on Aging and informed by research
- Access to all materials and training for Program Leaders from your organization
- Group-based format fosters social support and engagement of new members for your organization
- Allows your organization to serve older adults with mobility difficulties who need a safe walking environment

PARTICIPANTS SAY

“Very pleased with the instruction and environment”

“Encouraged me to walk at home and neighborhood”

“Stamina, speed, distance, balance have all improved”

“Helped my recovery from fractured pelvis”

“Love the stretching & the different stations”

“I now walk with more confidence”

Contact us at walkon@wakehealth.edu for more information
about starting Walk On! for members of your organization.