

## Walk with a Doc

By: Rachael Habash, Chief Operating Officer, Walk with a Doc

### ***Why Walk with a Doc?***

Walk with a Doc was started to “encourage physical activity and reduce the effects of a sedentary lifestyle.” While that is still true, we have found that the simple act of taking a walk together also has the power to transform lives and communities around the world. When we walk together, each step can bring us closer to truly understanding and appreciating each other as a global community.

Today, Walk with a Doc inspires communities through movement and conversation.

***Inspires Communities:*** Walk with a Doc is a simple and sustainable program that can be implemented in any community. We strive to ensure that individuals from every background and identity feel welcomed, encouraged, and appreciated at all of our events. Further, we aim to continually identify, acknowledge, and dismantle inequities in our programming so that underserved and marginalized communities have equal opportunities to participate.

***Through Movement:*** Walk with a Doc brings people together for a common purpose - taking steps toward a healthier lifestyle. Walking truly is the [best medicine](#) and we want to make it safe, accessible, and fun for people around the world. The benefits are even more amplified when we have the opportunity to walk and roll in nature with others.

***And Conversation:*** Each Walk with a Doc event is led by a volunteer healthcare professional who spends a few minutes talking about a relevant health topic. The Walk is an incredible opportunity for community members to connect, learn from each other, and celebrate both similarities and differences. These social connections are so critical for a long and healthy life. We commit to creating a space of belonging where community members from all backgrounds feel safe and respected.

### ***Why is physical activity important?***

We all know about the importance of diet and exercise; however, new studies shows that a little bit of physical activity every day can save over 100,000 U.S. lives/year and 30 minutes/day can save over 270,000 U.S. lives/year. Many health issues crop up in higher numbers as we age (e.g., heart disease, cancer, arthritis, Alzheimer's, etc.). Having a tool as simple as walking or rolling 10 minutes or more a day is an incredible way to help fight disease. Many people are surprised to hear that walking is essentially just as effective as running. If you couple that with delicious, heart-healthy foods, like fresh avocados, you are supplying your body with the energy it needs and making great progress towards improving your overall well-being.

### ***What are some of the health benefits of adding exercise into your daily life?***

In addition to immediately feeling good and getting more energy, walking has dozens of long-term health benefits. Simply moving helps with maintaining or losing weight, lowering stress (especially during the pandemic), and preventing heart attacks, strokes, and many types of cancer. Here's a list of [100 reasons](#) exercise is important to incorporate into your daily routine.

***What are some tips for our readers to get in just a few more minutes of movement each day?***

I like to push my patients to challenge themselves every day. It's like gamifying our life, right? Besides walking the extra few blocks to the park or choosing to take the stairs instead of the elevator, one fun approach is what I have heard called "temptation bundling." For example, if you love a certain podcast, only allow yourself to listen to it while you go for a walk. Or think about how motivating it can be to know there is a delicious smoothie waiting for you after you finish your bike ride. Pairing an activity with something you love can make it even more fun and creative.

*"Walking is man's best medicine!"  
-Hippocrates*