



Encouraging Physical Activity for Health

Just Walk (Walk with a Doc) Hamilton-Burlington

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Our Nature, Our Health





The Journey to Health

- Physical health
- Social benefits





Our Nature, Our Health





A Walk in Nature

- CNN Heroes

“Doctor Ditches His White Coat for Running Shoes”





A Global Initiative

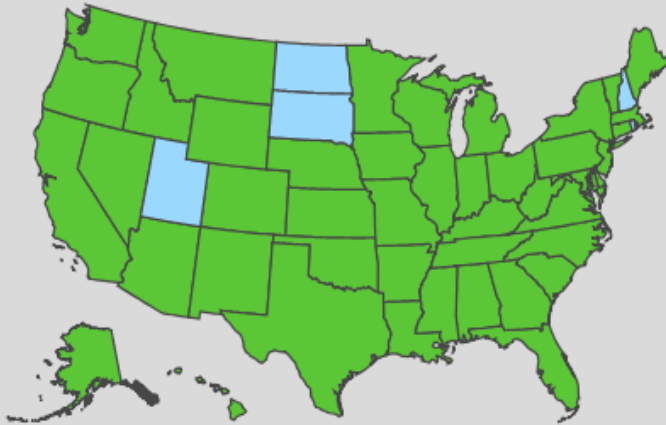
- 13 years later:
 - Average of 22+ participants per walk



A Global Initiative

- 13 years later:
 - 400 chapters worldwide

45 U.S. States



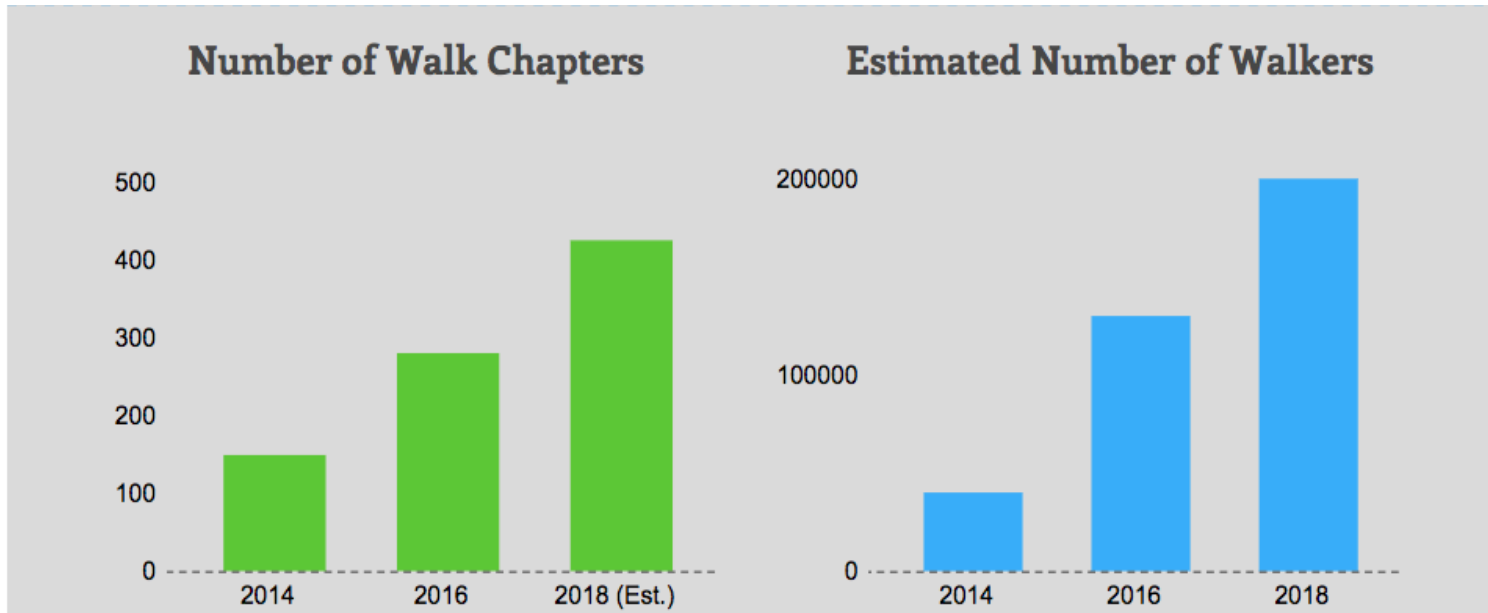
20 Countries





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- Projected growth



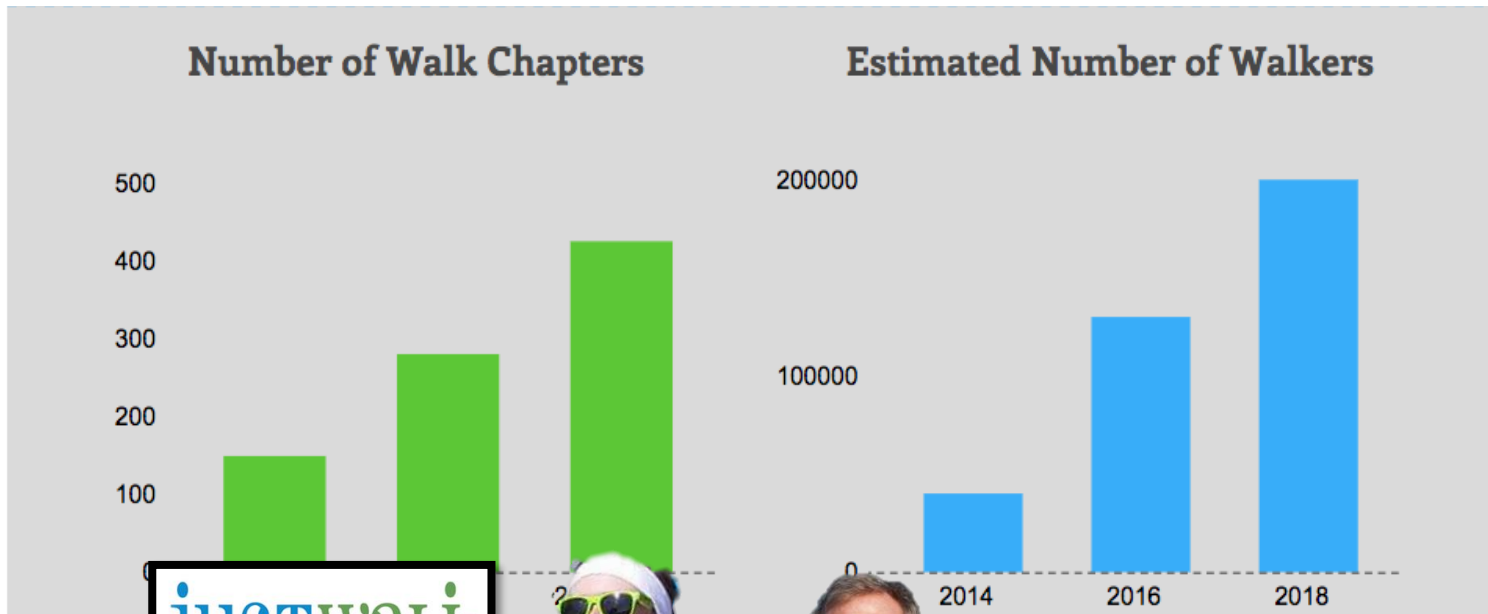
- Why?





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- Projected growth



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- **How** we got started
 - ✓ Walk with a Doc – registered as a chapter
 - ✓ Grant applications
 - ✓ Ontario Ministry of Tourism, Culture and Sport
 - ✓ City of Burlington
 - ✓ McMaster University
 - ✓ Partners
 - ✓ Cootes to Escarpment Eco Park System
 - ✓ Hamilton Burlington Trails Council
 - ✓ The Government of Ontario
 - ✓ The City of Burlington
 - ✓ The City Of Hamilton
 - ✓ McMaster University
 - ✓ Adventure Attic



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✓ Goal:

12 walks

Hamilton + Burlington

Sept. 2018 - Sept. 2019



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- **Why** we got started

“To increase access within our communities to credible health information and safe opportunities to








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- **Since** we got started...
 - Formed an advisory committee
 - Developed a website
 - Created advertising materials: walk flyers, appointment cards, recruitment packages
 - Engaged with the Canadian Walk with a Doc community



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- 5 Canadian chapters of Walk with a Doc
 -  Leduc, Alberta (Dr. Byers)
 -  Dryden, ON (Dr. Bruce Cook)
 -  Ottawa, ON (Dr. Purdy)
 -  Truro, Nova Scotia (Dr. Ellis)
 -  Halifax, Nova Scotia (Future Doc)





- Our Approach

- What we're doing differently
 - AHCPs vs. HCPs – Branded as Just Walk (the first in Canada!)
 - Many AHCPs
 - LocationS
 - Volunteers
 - Engaged with the McMaster community
 - 134 interested
 - Fabulous applications
 - 10 new team members - diverse experiential and educational backgrounds





- The Message

- There are so many approaches to implementing this program!

- Bottom line: Just Walk



- AHCP: The Verdict

- Recruitment Process
 - Hamilton Family Health Team
 - PACE
 - David Braley Sports Medicine Centre
 - Representatives from Burlington recreation
 - Representatives from the Hamilton Council on Aging
- Response from the healthcare community
 - Busy
 - Recognize the value of physical activity outdoors



- Upcoming walks

- **Dr. Stuart Phillips**

- Lead McMaster researcher on muscle health, nutrition and exercise

- Saturday, September 29, 2018 at 9AM

- **Dr. Haider Saeed**

- Family physician

- Assistant Clinical Professor

- McMaster University Department of Family Medicine

- Saturday, October 20, 2018 at 9AM

- **Dr. David Robinson**

- Sport Medicine physician

- Saturday, November 17, 2018 at 9AM

COMING SOON



Thank you!

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- For more about Just Walk: www.justwalk-hb.weebly.com
- For more about Walk with a Doc: www.walkwithadoc.org

