



## **About *Just Walk!* a Walk with a Doc program**

***Just Walk!*** is a program of Walk with a Doc that originated in Columbus, OH in April of 2005 by cardiologist, Dr. David Sabgir. This nonprofit program has expanded throughout the country, including this wonderful program in metro Atlanta, Georgia! Lifestyle Management, LLC and Healthy Lifestyle Coach, Carolyn Hartfield have partnered with AARP Georgia to bring the program to Metro Atlanta.

Carolyn is a Baby Boomer, a Senior Citizen, a Certified Health Coach through Emory, and a member of the International Coaches Foundation (ICF). In addition to a wonderful walk with friendly and supportive people, participants will learn about healthy lifestyle management strategies to help attain and maintain healthy living goals. There will be some giveaways, while supplies last of multifunction wristband pedometer, t-shirts, healthy snacks and water.

We wholeheartedly affirm every healthcare organization's assertion that walking helps to lower risks for heart disease, diabetes, some cancers, hypertension, stress, depression, and the list goes on and on. We know that having at least 2 ½ hours weekly of physical activity is best. We also know that that research has shown that people could gain two hours of life for each hour of regular exercise! WOW! And, according to the American Heart Association, walking has the lowest dropout rate of any physical activity. So, we reach out to all who wish to promote and help improve the health status of our community to come and join us for a walk in the park!

We are open to everyone and all walking levels are welcomed. This group assures participants will be walking with men and women who are baby boomers, senior citizens.

The walking trail is a beautiful mostly tree-lined paved and boardwalk path, right in Central DeKalb County at the Mason Mill Park. The walks are held weekly at a comfortable pace. No one will get left behind or on their own. The trail has options up to one mile or longer, with seating along the way.

Participants in our *Just Walk!* program of Walk with a Doc will learn various strategies to help meet their health and wellness goals, how to get past their roadblocks to better health, and have an opportunity to ask questions of our health professionals. Various health topics will be covered in the pre-walk short presentation will follow-up conversations during the walk.

*Just Walk!* is a low impact, no cost, age-friendly program to help improve the health of all participants. All you need is comfortable walking shoes and clothing, appropriate for the weather. It is also suggested you have a good night's sleep (learn ways you can get better sleep), eat a nutritious breakfast, and for sure bring with you a pleasant disposition and a friendly smile. Our motto, *'If you see someone without a smile, give them one of yours.'*