

walk^{with a} DOC

Inspiring communities through movement and conversation.



Summary

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Walk with a Doc communities offer free, physician-led walking groups throughout the year. Walks begin with a brief discussion on a current health topic and then participants enjoy a healthy walk and conversation.



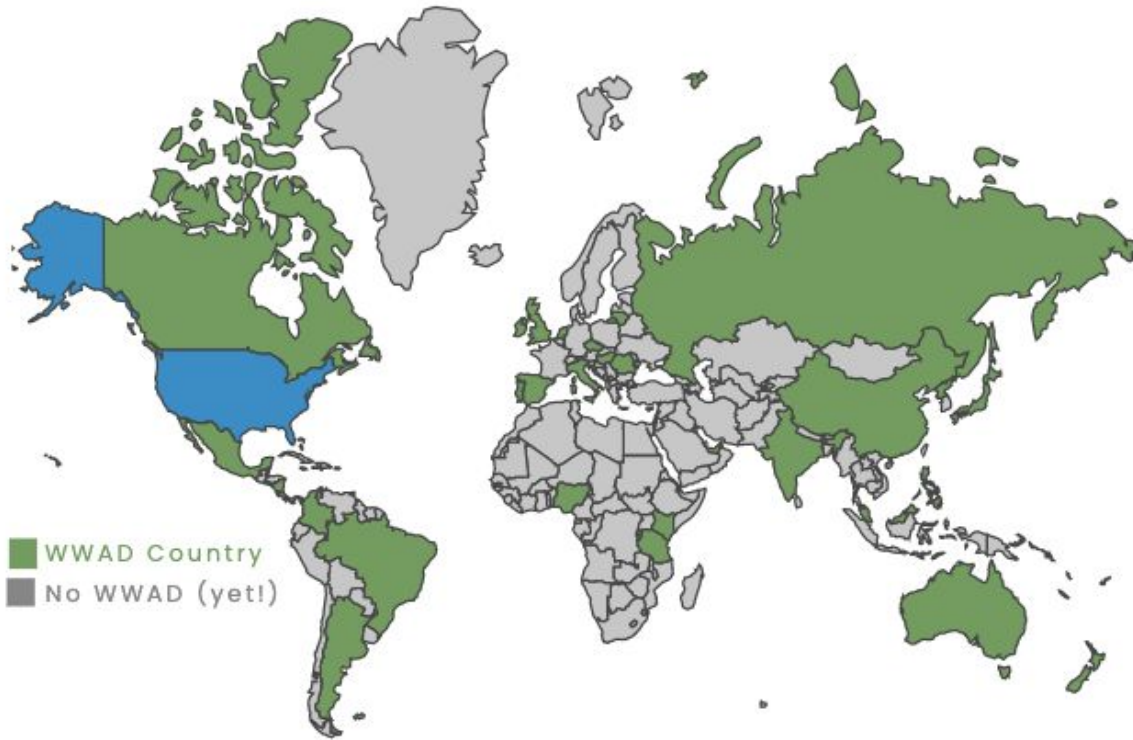
How It Began

“I was frustrated at my inability to affect behavior change in my patients and I wasn’t content practicing that way for the rest of my career. I wanted them to have to say ‘no’ to my face so one day in the spring of 2005 I said, ‘Hey, how about if my family and I were at the park to join you for a walk?’ The response was phenomenal.”

-Dr. David Sabgir, MD
Cardiologist, Columbus, OH
Founder and CEO, Walk with a Doc



Growth and Metrics



Total Chapters

500+ Chapters

United States

46 States

International

37 Countries

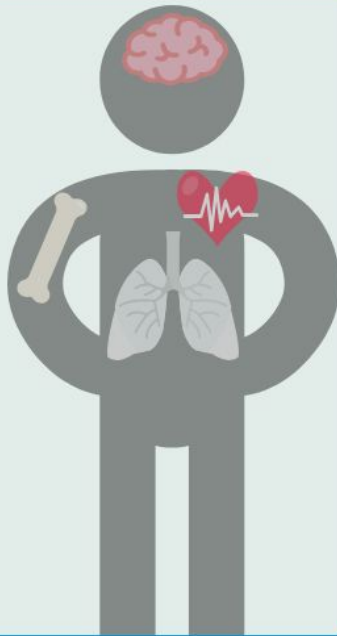
Walk chapters walking weekly, biweekly, or monthly

Find a local chapter at www.walkwithadoc.org

4 Components

1 Physical Activity

Walking is one of the most important things we can do for our health. It's good for the heart, brain, bones, lungs, muscles, and even helps prevent many chronic diseases.



2 Health Education

Our docs will give you tips on maintaining a **healthy lifestyle** and you can also ask them health-related questions while you walk.



3 Social Connection

Research suggests that **connectedness** with others can improve your quality of life, boost your mood, and decrease your risk of depression.



4 Time in Nature

Spending time **outdoors** can be very beneficial for both your physical and mental health.



A Typical Walk Event



Who

Patients and community members of all ages, abilities, and backgrounds are invited to attend. Each FREE event is led by a health professional(s) such as a Physician, Physical Therapist, PA, NP, Medical Student, etc.

What

After signing in, participants will enjoy a brief health discussion, followed by a walk at their own pace where they engage in meaningful conversations with others.

When

All chapters are asked to host at least one event per month. Each event lasts for approximately 1 hour.

Where

Each chapter will choose a safe and accessible location to host their walks. You can choose both an outdoor location and an inclement weather location.

Optional

Blood pressure checks, health screenings, and healthy snacks and drinks are often a part of Walk with a Doc events as well.



Walker Impact

"Walk with a Doc gives me a special feeling."

"I'm able to talk comfortably with a doctor who makes me want to become more proactive when it comes to living a better, healthier life."

- 90% feel more educated
- 71% get more exercise
- 27% have maintained their level of exercise
- 93% feel more empowered to lead a healthier lifestyle

www.walkwithadoc.org/metrics

Walker Leader Impact

"The relationships with my walkers are lifelong and have changed the way I will practice medicine, indefinitely."

"This is a critical component to solving the healthcare crisis."





How to get started



Membership Benefits

Why reinvent the wheel? We're here to help you hit the ground **running** walking! Walk with a Doc membership includes...



Ongoing Support

Our team is excited to share all of the best practices that we've learned over the years to help make your program successful. We're easy to reach by phone or email anytime you need us.



Liability Insurance

All U.S. and Canada chapters will be fully insured under the Walk with a Doc umbrella so you don't have to absorb any sort of risk. Walkers, physicians, and staff members are covered at your events, and we provide a waiver for all participants to sign.



Marketing Materials

All leaders will receive access to our online leader portal with a comprehensive marketing guide and editable materials. You'll also gain access to our curated library of health talk ideas with ready-to-print handouts for your walkers.



Webpage Development

Our team will build and maintain a webpage to outline your walk information and anything else you'd like to share about your organization. Your site will also be added to our website map.



Merchandise Package

When you sign up for membership, you will choose one of three merchandise packages to incentivize walkers and help you promote your chapter. See the package options below!

Select Your Membership

Your startup cost includes new member fees and your choice of merchandise kit!

\$700

\$1,400

\$2,100

Starter Pack

- 10 t-shirts
- 1 pedometer
- 5 prescription pads
- 2 pens
- yard sign
- water bottle
- car magnet
- member decal

Booster Pack

- 50 t-shirts
- 50 pedometers
- 5 prescription pads
- 2 pens
- yard sign
- water bottle
- car magnet
- member decal
- 24 x 48 banner

Mega Pack

- 100 t-shirts
- 100 pedometers
- 10 prescription pads
- 10 pens
- 2 yard signs
- 2 water bottles
- 2 car magnet
- 2 member decals
- 2 24 x 48 banners

*Please do not let cost be a barrier to starting a program. We are happy to work with you to find funding through local sponsorships, scholarships and more!

Maximize Your Impact!

Become a premier partner for an additional \$2,500 per year for the following benefits.



- Increase your brand awareness with your logo on all electronic marketing materials and merchandise (website, banner, signs, and t-shirts).
- Your logo will be added to any merchandise orders throughout the year.

- You'll be featured on our [website sponsor page](#).
- Partners are highlighted twice per year in our international newsletter and social media accounts.
- You'll also have the option to sponsor special events with our other partners.



Housekeeping Items

Complete the following:

- Marketing and Licensing Agreement
 - Online Application
 - Membership Options- choose and submit payment
-
- Within 1-2 business days, our team will follow up with your “welcome packet” that contains access to the leader portal, a link to your website, and certificate of insurance.
 - Your kit will come in the mail in 7-10 days.
 - You’re welcome to start walking right away, but we typically recommend spending about 4-6 weeks promoting the 1st walk with our marketing tools.

Thank You!



www.walkwithadoc.org

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