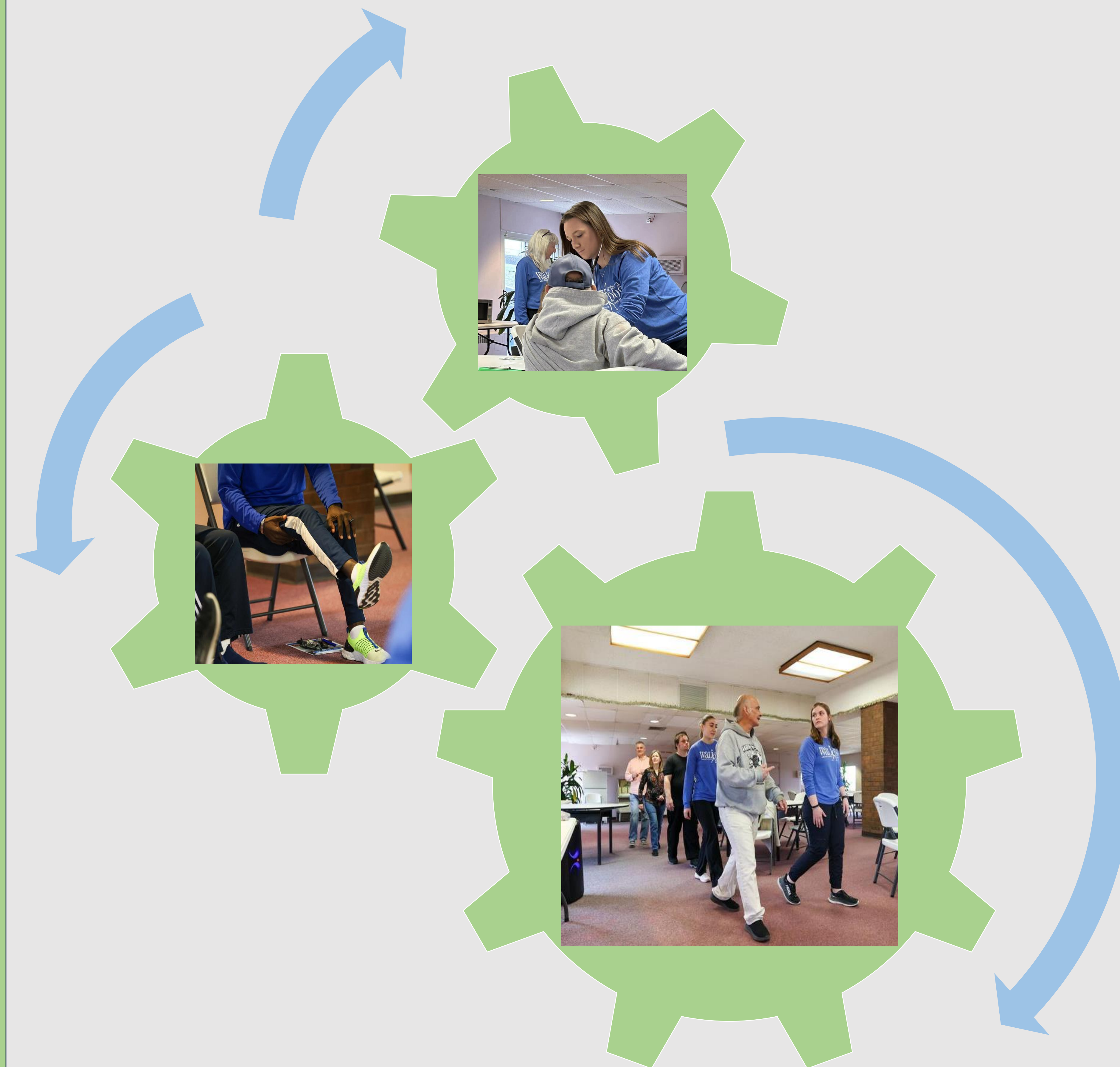


The Effects of a Walking Program on Physical Activity and Quality of Life in an Underserved Community

Alexa Wagner, SPT
Audrey Campbell, PT, DPT

“Transforming society by optimizing movement to improve the human experience”



Methods:

8-Week WWAD Program
Walking and Health Education
Outcome Measures: PTHLA, EQ-5D-5L

Participant Testimony:

Q: “Would you recommend this program be implemented into other communities?”

A: “Absolutely, definitely I would. I would tell them that it is awesome!”



References:

