MORE THAN "JUST A WALK"
4 Life-Changing Components of Walk with a Doc

1. Physical Activity

Walking is one of the single-most important things we can do for our health. It’s good for the heart, brain, bones, lungs, muscles, and even helps prevent 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 depression.

4. Time in Nature

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

www.walkwithadoc.org