# WHY

Walk with a future Doc

educate. exercise. empower.

***Walk with a Future Doc has been one of the most rewarding experiences for me. WWAFD has helped me relieve stress, incorporate exercise into my day, and build meaningful connections with faculty and students I don't usually get to interact with."*** *-Swati Patel, Second Year Medical Student*

## ✓ PROMOTES BETTER HEALTH

We have 100 reasons to walk-reducing blood pressure, stimulating mental capacity, preventing diabetes and enriching social relationships to name a few. Check out the other 96 reasons here!

## ✓ BUILDS LEADERSHIP SKILLS AND PROFESSIONAL GROWTH

Student led program teaches organization, communication, builds confidence, improves public speaking and highlights the importance of interpersonal skills.

## ✓ IMPROVES PATIENT-PROVIDER RELATIONSHIPS

Future providers gain self confidence through early patient interaction.

## ✓ ENHANCES MORALE AND CAMARADERIE

Opportunity for medical school students, advisors and physicians to walk together with community members to demonstrate unity across many levels.

## ✓ OPPORTUNITY TO HIGHLIGHT YOUR MEDICAL SCHOOL IN THE COMMUNITY DEVELOPS COMMUNITY PARTNERSHIPS

Engages partners that would not normally work together all in the spirit of community health promotion.

## ✓ FACILITATES COMMUNITY HEALTH EDUCATION AND ENGAGEMENT

Establishes relationships with community members while focusing on the importance of community health.

## ✓ FOSTERS AWARENESS OF LIFESTYLE MEDICINE

Encourages healthy behaviors to help reverse the consequences of a sedentary lifestyle.

## ✓ EVIDENCE- BASED PROGRAM

Findings from a recent Robert Wood Johnson Foundation supported research study support our program's ability to increase participant physical activity, social connectedness and knowledge of healthcare issues. Click here for a summary of the findings.

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