

TIPS FOR YOUR FIRST WALK

SPEAK TO YOUR AUDIENCE

Always ask for a show of hands for any new Walkers

If you have new Walkers, explain a little bit about what the program is

- ✓ Mission/goals: Health education, exercise, building community, having fun, etc.
Maybe mention that you are medical students and "Walk with a Future Doc"
- ✓ History: Started in Columbus in 2005 by a Cardiologist. Now all over the world, etc.
- ✓ Don't forget to welcome them!
- ✓ Remind everyone when your next Walk will be and thank them for coming
- Remember you are learning about medicine on a daily basis and your audience likely isn't
- ✓ Stick to the basics and keep it short (3-5 mins if possible) - don't assume any prior knowledge
- ✓ Ask if there are any general questions for the group, but also remind people that they can ask you questions during the Walk.
- ✓ The Walks are meant for general health advice, not to treat any conditions!

Make sure people know there is a waiver for them to read and then they should sign the sign-up sheet. If they provide their email address you can email them reminders/updates (It's a good idea to make a listserv and always add new email addresses so you can send them thank yous and reminder when the next walk is coming up)

KNOW YOUR ROUTE

Walk your route ahead of time to make sure:

- ✓ The surface is accessible the whole way
 - i.e. The route doesn't turn into gravel halfway through
- ✓ There are options for people to Walk different distances
- ✓ That you can communicate the route to Walkers ahead of time in the event that the group gets split up

Communicate the route to your Walkers before starting

- ✓ Include distances
- ✓ If you're walking around a loop, include the direction of travel and how many times around makes 1 mile
- ✓ Why? Walking can be intimidating! People want to know what they're getting into before they start moving. It helps take away the fear of the distance being too much for them to handle
 - If you can provide a map - even better!

START ON TIME

It's ok if people continue to trickle in while you are giving your talk. They will learn to make it in time to hear you!

Here are some video examples of how to lead a Walk that will keep people coming back, click the links below:

[An awesome example of a Walk Welcome:](#)

[Great example of speaking to your audience:](#)

[A good holistic example of things to do at a Walk:](#) (start @ 40 seconds)

