

justwalk

Powered by Walk with a Doc

*Inspiring communities through movement and
conversation.*

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JPS Healing Wings Clinic

Conflict of Interest Disclosure Statement

- Speaker has nothing to disclose

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- We value your feedback and encourage you to share any concerns related to language, images, or concepts that may be offensive or stigmatizing.
- Your input will help us refine and improve our presentations, ensuring they remain inclusive and respectful to participants.

Learning Objectives

1. Describe the *Just Walk* program mission and components
2. Identify this *Just Walk* chapter's target population, agenda, location, and timeline
3. Identify the evidence-based benefits of the *Just Walk* program

Where It Began



Dr. David Sabgir, MD
Cardiology and Internal Medicine

Where It Began

Knowing what is healthy

- Clinic education
- Handouts
- Media



Engaging in health behaviors

- Perceived benefit
- Belief systems
- Support system
- Provider buy-in
- Reduction of barriers

Mission



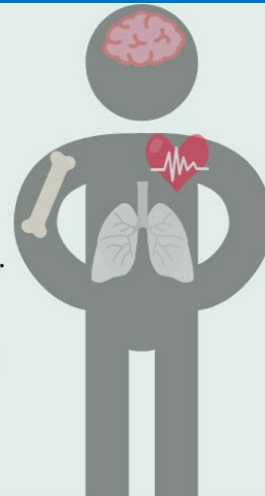
Inspiring communities through movement and conversation.



Program 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.



Walk Events Outline



Who

- Tarrant County Ryan White-funded agency patients, clients, employees and friends and family are invited to join

What

- Sign-in
- Intro (5 min)
- Health Talk (5-7 min)
- Walk (30-45 min)

When

- 2-3 Saturdays per month
- Dates communicated on chapter website and messages

Where

Airfield Falls Trailhead & Conservation Park

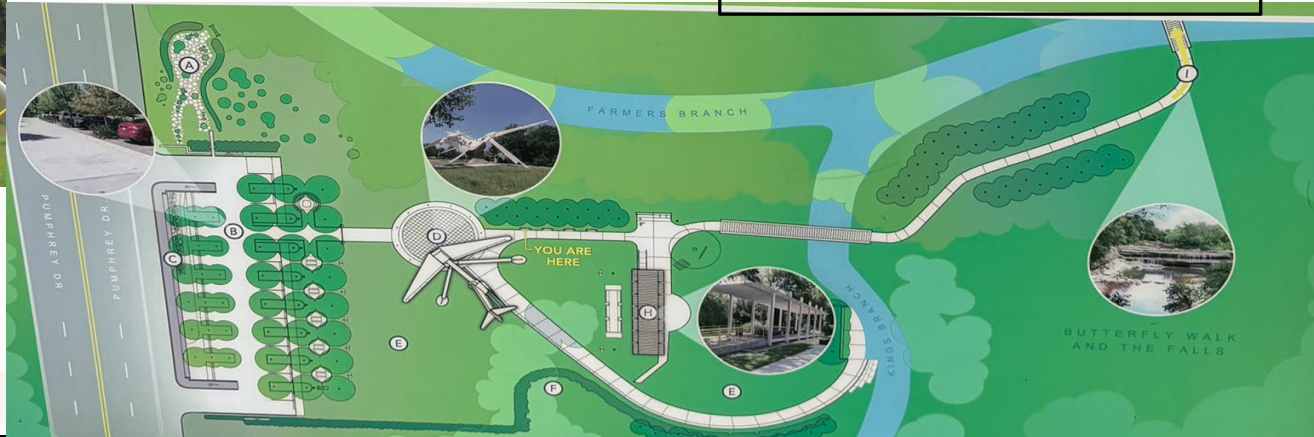
200 Pumphrey Dr, Westworth Village, 76114

Airfield Falls Trailhead & Conservation Park



Initial gathering space
located at the tables
behind the plane

Trail length: 1.9 miles
(there and back)
**Estimated Walk
Time:** 36 minutes



Benefits for Walkers

Walking just 30 minutes a day withholds the power to:

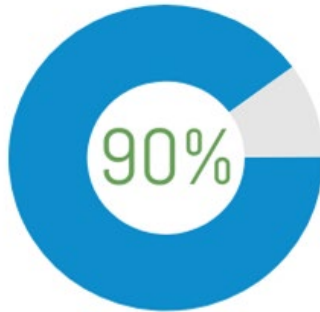
- Boost the immune system
- Increase life expectancy up to 3 years
- Reduce symptoms of depression and anxiety
- Improve sleep quality
- Reduce the risk of stroke 20-30%
- Reduce blood pressure
- Improve cognitive function and reduce risk of cognitive decline in older adults by 40-50%
- Improve bone health
- Reduce risk of cardiovascular disease by 30-40%

ITY LIPOPROTEIN (HDL OR "GOOD" CHOLESTEROL) • REDUCES HEART ATTACKS (BY 86% COMBINED WITH OTHER FACTORS) • INCREASES EFFICIENCY OF HEART • MAKES OUR HEART MUSCLE STRONGER • LOWERS HEART RATE • INCREASES YOUR METABOLISM • STIMULATES DIGESTION • MAKES DIGESTION MORE EFFICIENT • STIMULATES INTESTINAL MOVEMENTS, RESULTING IN BETTER ELIMINATION OF WASTES • REDUCES CHANCES FOR COLON CANCER • IMPROVES MUSCLE CONTRACTION AND REACTION TIME • HEALTHIER SKIN DUE TO THE FACT THAT SKIN PORES OPEN MORE DURING EXERCISE, RESULTING IN MORE EFFICIENT REMOVAL OF DIRT AND IMPURITIES • BLOOD FLOW IS MORE AVAILABLE TO IT • INCREASES SENSE OF WELL BEING • INCREASES RESISTANCE TO PAIN BECAUSE ENDORPHIN LEVELS ARE ELEVATED • INCREASES SENSE OF EXCITEMENT BECAUSE HORMONE EPINEPHRINE IS RELEASED • BOOSTS ENERGY • IMPROVES SELF-ESTEEM AND SELF-CONFIDENCE SINCE BODY AND MIND ARE IMPROVED AND STRENGTHENED • INCREASES SENSE OF SELF CONTROL • PROVIDES SOURCE OF PLEASURE AND FUN • CAN RELIEVE HEADACHES • CAN REDUCE THE URGE TO SMOKE BECAUSE THE ADRENALINE RUSH AND STRESS RELIEF FROM A BRIEF WORKOUT CAN REPLACE SIMILAR FEELINGS SMOKERS GET FROM TOBACCO • IMPROVES BONE DENSITY AND PREVENTS OSTEOPOROSIS • REDUCES JOINT DISCOMFORT • HELP MANAGE ARTHRITIS • ALLOWS ONE TO FEEL BETTER ABOUT THEIR BODIES AND ENJOY SEX MORE • HAS A SIGNIFICANT EFFECT ON FIBRINOGEN LEVELS • ALLEVIATES MENSTRUAL CRAMPS • IMPROVES ATHLETIC PERFORMANCE • CAN ADD YEARS TO ONE'S LIFE • ENHANCES QUALITY OF LIFE • REDUCES PAIN AND DISABILITY • REDUCES MEDICAL BILLS • REDUCES ANXIETY BY CAUSING FEWER WORRIES ABOUT HEALTH • CREATES BETTER PERFORMANCE AT WORK • ALLOWS ONE TO STAY INDEPENDENT AS THEY GET OLDER • KEEPS HEALTH CARE COSTS DOWN • ALLOWS ONE TO BECOME MORE FAMILIAR WITH THEIR BODY AND ITS FUNCTIONING • CAN STIMULATE YOU MENTALLY • LETS ONE EAT MORE WITHOUT GAINING WEIGHT • INCREASES PRODUCTIVITY AT WORK • ADDS VITALITY TO LIFE

Benefits for Walkers



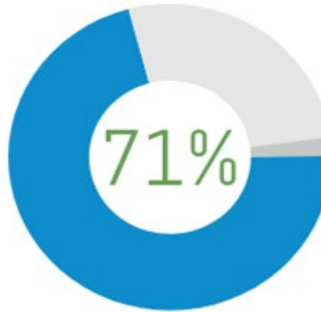
EDUCATE



90% of participants feel they are **MORE EDUCATED** since starting Walk with a Doc.



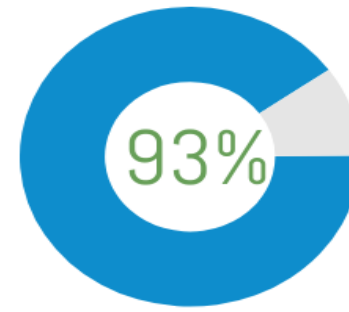
EXERCISE



71% of participants get **MORE EXERCISE** since starting Walk with a Doc. **27%** have **maintained** their level of activity.



EMPOWER



93% of participants feel **MORE INSPIRED** to lead a healthier lifestyle as a result of Walk with a Doc.

You are Invited!

TAKE A **STEP** TOWARD BETTER HEALTH



Email jmrosia@jpshealth.org for a digital printer-friendly flyer to provide staff and clients

References

1. Walk with a Doc. Accessed February 6, 2025.
<https://walkwithadoc.org/who-we-are/our-story/>.

Resources

- National Clinician Consultation Center

<http://nccc.ucsf.edu/>

- HIV Management
- Perinatal HIV
- HIV PrEP
- HIV PEP line
- HCV Management
- Substance Use Management

- Present on ECHO

- <https://hsc.unm.edu/scaetc/programs-services/echo.html>

- AETC National HIV Curriculum

<https://aidsetc.org/nhc>

- AETC National Coordinating Resource Center

<https://targethiv.org/library/aetc-national-coordinating-resource-center-0>

- HIVMA Resource Directory

<https://www.hivma.org/globalassets/ektron-import/hivma/hivma-resource-directory.pdf>

- Additional trainings
scaetcecho@salud.unm.edu

- www.scaetc.org

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