

Abstract - Walk It Out

There is already substantial evidence alluding to the beneficial effects that exercise has on improving overall health. Regular physical activity is at the forefront of combating and preventing many chronic diseases. The purpose of the 'Walk It Out' project is to show the positive enforcement that is brought through patient education secondary to participating in physical activity. Patient education is addressed through 10-minute health-related and patient driven discussions that can take place prior to, during, or after physical activity. The variety of topics and exercises participants can choose allow flexibility to match patient needs and interests. 'Walk It Out' offers a unique experience for patients to have access to healthcare professionals with a mutual interest in improving patient overall health and education. Throughout the project maintaining consistent attendance of patients for the events proved to be a major conflict. Many solutions to remedy this issue were attempted, including posting flyers at a local CVS, advertisement through churches & friends/colleagues, and making calls related to collaboration with other established facilities to further benefit their residents/members. Future movements for this project would be to utilize the \$1,000 worth of fitness gear that was bestowed to us through a grant to help incentivize patient presence. The hope is that this project will be handed down to incoming P4 students who can continue to make an impact on the community by improving on the groundwork laid by those who have chosen this as the focus of their impact project. There are many directions this program could go, but through learned experience, each meeting can be patient-centered and tailored to the specific goals of those attending.