

walk™ **WITH a**
DOC

educate. exercise. empower.

COLUMBUS NEIGHBORHOOD WALKING CLUBS

Walk With A Doc: Columbus Neighborhood Walking Clubs offered community residents an exciting and informative way to get active on the North, South, Far East, and West sides of the city. Columbus residents took steps to better health by participating in bi-monthly, hour-long, physician-led walking clubs held at four recreation center and parks. Each walk started with a talk from a Mount Carmel Health System or The Ohio State University Wexner Medical Center physician who then walked with the group for further discussion. **Below are the totals from 2015 so far!**

North Side		South Side		West Side		Far East Side	
Date	Attendee #						
4/4/2015	51	4/4/2015	28	4/11/2015	20	4/11/2015	26
4/18/2015	54	4/18/2015	26	4/25/2015	18	4/25/2015	19
5/2/2015	56	5/2/2015	24	5/9/2015	22	5/9/2015	25
5/16/2015	56	5/16/2015	18	5/23/2015	19	5/23/2015	24
6/6/2015	62	6/6/2015	22	6/13/2015	18	6/13/2015	28
6/20/2015	28	6/20/2015	13	6/27/2015	17	6/27/2015	11
7/4/2015	40	7/4/2015	14	7/11/2015	20	7/11/2015	16
7/18/2015	45	7/18/2015	10	7/25/2015	18	7/25/2015	17
8/1/2015	43	8/1/2015	10	8/8/2015	20	8/8/2015	14
	379		165		172		180
2014 avg.	26	2014 avg.	10	2014 avg.	10	2014 avg.	18
2015 avg.	49	2015 avg.	18	2015 avg.	19	2015 avg.	20
% change	87%	% change	77%	% change	91%	% change	11%

