

# LEAD A WALK WITH A DOC!



**justwalk**  
a WALK with a  
DOC program

RESEARCH SHOWS ONE OF THE MOST EFFECTIVE WAYS TO ADDRESS OBESITY IS THROUGH EXERCISE AND PHYSICAL ACTIVITY. WALKING AS LITTLE AS 30 MINUTES A DAY CAN HAVE THE FOLLOWING BENEFITS:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Maintain body weight and lower the risk of obesity
- Enhance mental well-being
- Improve blood lipid profile
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of type 2 diabetes

Walk With A Doc Events are sponsored by:



**Are you a Doc?**

**Do you like to walk?**

**Do you like to talk?**

**The Sierra Sacramento Valley Medical Society (SSVMS) has started a local Walk with a Doc Program!**

Walk with a Doc was created to encourage healthy physical activity in people of all ages. It's a fun way to participate in your community and **show your passion for health and wellness!**

Walks are **FREE** and open to the public!

**We need physician volunteers** to lead walks in local parks on Saturday mornings. The walks last about an hour and begin with a physician providing a brief 10 minute talk about healthy living and the benefits of exercise.

Walk locations will vary. If you know of a great local park where you'd like to lead a walk, let us know!

To volunteer, contact SSVMS at (916)452-2671, [info@ssvms.org](mailto:info@ssvms.org), or visit our website ([www.ssvms.org](http://www.ssvms.org)) for more information.

Your participation will **lead by example** and show our community that there are **fun steps** that can be taken to stay healthy.

For more information, visit <http://www.ssvms.org/Programs/WalkWithADoc.aspx> or e-mail us at [kwallach@ssvms.org](mailto:kwallach@ssvms.org)