



WalkWays is a program designed to promote walking and healthy eating. During the sessions, individuals learn and apply healthy eating and physical activity information to their own lives. Between WalkWays sessions, learners use a pedometer to count the number of steps they take each day. Participants learn practical ways to increase their steps so that walking becomes part of their daily routine.

WalkWays is an eight-hour program consisting of four two-hour sessions held at least two weeks apart. Participants receive seven motivational mailings throughout the course of the program. WalkWays provides all materials – pedometers, participant workbook, motivational postcards and step log books.

The program is learner-centered, using dialogue learning to encourage participants to become engaged in learning new information and incorporating that information into their own realities. WalkWays provides a framework for group interaction and support in beginning a walking program and addressing the challenges of sustaining that effort.

The Stages of Motivational Readiness for Change Model provides the theoretical framework for WalkWays. The model identifies a continuum of five stages of readiness involved in adopting and maintaining a new behavior. These stages include (1) Precontemplation, (2) Contemplation, (3) Preparation, (4) Action and (5) Maintenance. The curriculum includes information, activities and tailored messages that facilitate the learners' progression along the stages of change continuum.

Contact your local Maryland Cooperative Extension Office for more information on the WalkWays program.



EQUAL ACCESS PROGRAMS

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