

# Walk Everyday Live Longer Arizona (W.E.L.L.)

## Program Outline

Location: \_\_\_\_\_

### Date

\_\_\_\_\_ **Orientation (Approximately 30 minutes)**

- Introductions
  - About W.E.L.L. Arizona
  - Complete forms and questionnaire (PAR-Q, Pre-questionnaire)
  - Submit Forms
  - Demonstrate use of pedometer
  - Demonstrate baseline activity log
  - Distribute and test pedometer
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\_\_\_\_\_ **Meeting 1 (Approximately 30 minutes)**

- Distribute workbooks
  - Transfer baseline activity to workbook
  - Calculate Average steps per day
  - Collect baseline activity log
  - Log pedometer steps into workbook
  - Walk (10 minutes)
  - Log pedometer steps into workbook
  - Discussion
  - Set goal for week
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\_\_\_\_\_ **Meeting 2 (Approximately 30 minutes)**

- Log pedometer steps into workbook
  - Walk (20 minutes)
  - Log pedometer steps into workbook
  - Discussion
  - Set goal for week
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\_\_\_\_\_ **Meeting 3 (Approximately 45 minutes)**

- Log pedometer steps into workbook
  - Walk (30 minutes)
  - Log pedometer steps into workbook
  - Discussion
  - Set goal for week
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\_\_\_\_\_ **Meeting 4 (Approximately 30 minutes)**

- Calculate average steps per day
- Complete Post questionnaire
- Discussion
- Celebration