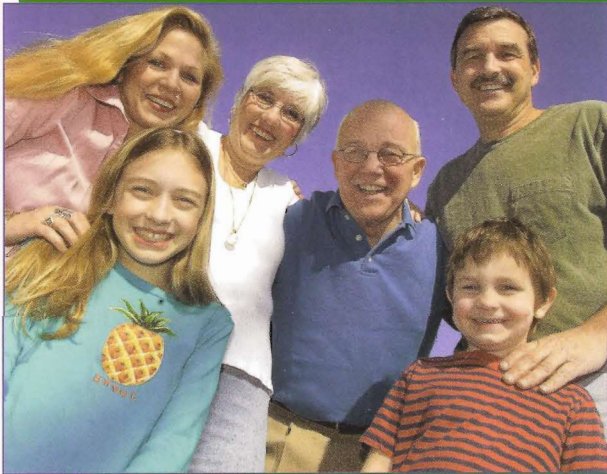


## Why Washington Walking™?



Join Washington Walking™ — a county-wide, all-ages activity program - so flexible it fits everybody's lifestyle.

Most of us know we should be active, but many times we don't know how or don't have a support group to get us going. That's where Washington Walking™ fits in! The program's website will give you the information you need to get started to make small changes over time in your activities that add up to long lasting results!

If you are already active, this website will give you a way to track and record your activities and issue challenges to friends and neighbors.

## Washington Walking™ would like to thank its partners:

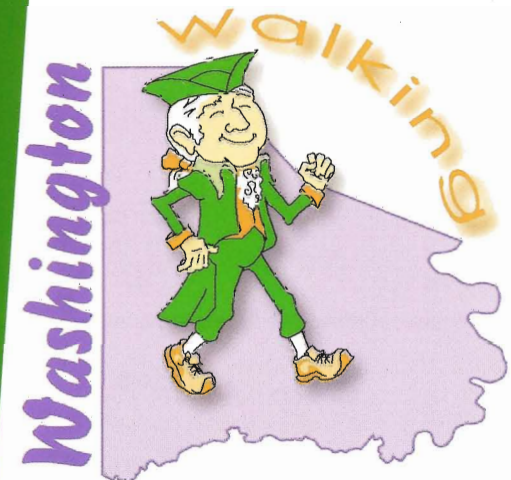
- ◆ Canonsburg General Hospital
- ◆ Melanie Thomas-Finney (Washington County Planning Commission)
- ◆ Monongahela Valley Hospital
- ◆ Observer Publishing Company
- ◆ Student Association, Inc. at California University of Pennsylvania
- ◆ The Highmark Foundation
- ◆ The Mark and Kimberly Miller Charitable Foundation
- ◆ The Washington Hospital
- ◆ Wilfred R. Cameron Wellness Center



190 N Main St, Suite 208  
Washington, PA 15301

**Phone: 724-222-6511**

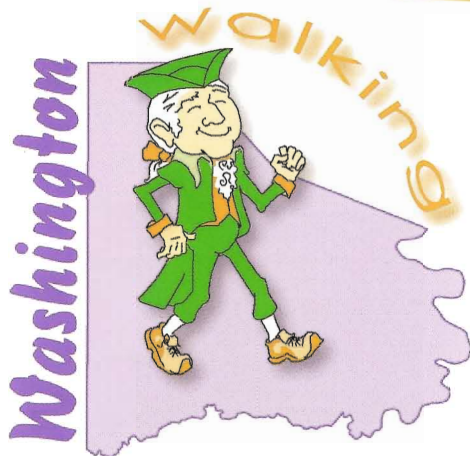
Email: [info@wchpinc.org](mailto:info@wchpinc.org)



A Program of Washington County Health Partners

***A county-wide,  
all-ages activity  
program—  
so flexible it fits  
everybody's  
lifestyle!***

[www.washingtonwalking.org](http://www.washingtonwalking.org)



A Program of Washington County Health Partners

## Why walk?

**Walking is one of the easiest ways to be active no matter what your age.**

It can be done almost anywhere and at any time. Regular physical activity enables your body to run smoothly. Active people have more energy than inactive people do. There are lots of other benefits:

- ◆ Helps control weight - builds & tones muscle
- ◆ Increases HDL – the "good cholesterol"
- ◆ Prevents bone loss, reduces risk of heart disease & cancer
- ◆ Helps prevent/manage high blood pressure & diabetes
- ◆ Improves alertness & reduces stress
- ◆ Improves sense of well-being
- ◆ Helps you sleep better
- ◆ Helps boost your energy level
- ◆ Increases fat burning enzymes
- ◆ Better control of hunger
- ◆ Helps fight depression symptoms
- ◆ Helps manage arthritis pain

## How do I join?

**Joining Washington Walking™ is easy. All you need is:**

- ◆ Internet access (If you do not have Internet access, you can use a local library, senior center, or school.)
- ◆ an email account (If you do not have an email account, there are options on the "Becoming a Member" page that will show you how to get a free one.)

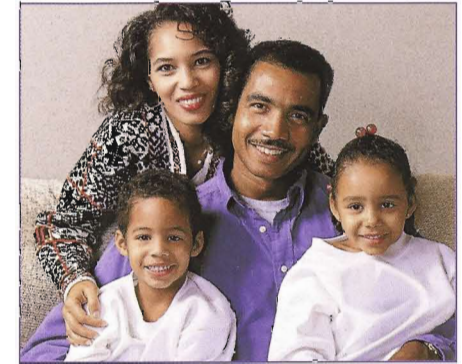
Open a web browser and go to [www.washingtonwalking.org](http://www.washingtonwalking.org)

1. Click on the "Become a Member" link at the top of the page. Enter a user nickname of your choice, an email address, and choose, then verify, a password. Keep your nickname and your password in a safe place for future reference. Click the "Next" button.

2. After reading the "Notice to Our Visitors" screen, and agreeing to the terms, click on the "Continue" button.

3. You should read the next few screens to obtain important health and safety tips before you begin walking. These pages may also be printed to use as a reference. As you view each page, click the "Continue" button at the bottom of the page to step through these tips.

4. Complete the PAR-Q Screener test to determine if you need to consult your health care provider before starting an exercise program and click on the "Submit" button.



5. Now that your registration is complete, you can begin taking advantage of Washington Walking™ by entering your personal information—i.e., weight, cholesterol, blood pressure by clicking on the User Menu tabs on the left side of the screen. You can also enter your first walking session at this time.

## Useful & Fun Features

After you are registered and logged in, you can take advantage of many useful and fun features by clicking on the User Menu tabs on the left side of the screen. You can:

- ◆ Record & track walk activity
- ◆ Record & track health information
- ◆ Start a group to encourage others to come together for a common goal
- ◆ Issue individual & group challenges
- ◆ Enter custom walking locations
- ◆ Post notes on the message board

## A Note About Privacy...

Your privacy is important to us. We do not rent, sell, or share your personal information with anyone. Please see our web site for more information.