



San Luis Valley Walk Program

Project Information Sheet – May 2004

Project Overview

The *San Luis Valley (SLV) Walk Program* originated in Alamosa in 1976 and was initiated by SLV Mental Health. The program was originally developed to help senior citizens get out into the community and exercise. SLV Area Health Education Center then managed the program for 19 years until it was adopted by SLV Community Connections and the Rocky Mountain Prevention Research Center (RMPRC) in 2000. In response to a request by SLV Community Connections in 2001, the RMPRC established a community group to help manage the program and to foster ownership. In an effort to ensure continuity of the *SLV Walk Program*, which is a valuable resource, the community group approached the Alamosa Family Recreation Center and asked them to adopt the program. In 2003, the *SLV Walk Program* was transferred to the Alamosa Family Recreation Center, and is conducted as it historically has been. The majority of participants are seniors, but other age groups also participate in the program. All fees remained the same.

Why? A description of the health problem

- ◆ A sedentary lifestyle is a major risk factor across the spectrum of preventable diseases that lower the quality of life and kill Americans
- ◆ Nearly half of American adults (4 in 10) report that they are not active at all
- ◆ An estimated 61% of adults in the United States are either overweight or obese

Benefits of participation

- ◆ Program allows seniors to get out into the community
- ◆ Program also benefits stay-at-home moms and those that don't work during the scheduled walk times
- ◆ Several walkers have been participants for years – the social benefit is tremendous
- ◆ Participants obtain significant health benefits by including physical activity in their lives

Program Description

- ◆ The program operates from 9 a.m. to 10 a.m., Monday through Friday
- ◆ There is a \$10 per person or a \$15 per family fee that is due three times per calendar year
- ◆ There are two walking tracks: one is upstairs and the other is downstairs for those who are unable to use stairs
- ◆ Walking beads are provided in order to help participants keep track of their laps
- ◆ Laps are recorded per participant
- ◆ Holidays are celebrated with healthy foods and beverages
- ◆ There is a celebration potluck once per year
- ◆ Retired nurse volunteers are available to check pulse rates and blood pressure readings

Steering (Organizational) Committee

The Alamosa Family Recreation Center manages the program.

For more information about this program, please contact the Alamosa Family Recreation Center at (719) 589-2105.