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PRESS RELEASE

For immediate release through Saturday, October 3

Parks and Recreation, Community Medical Center partner on new walking program

Parks and Recreation and Community Medical Center announce new “JUSTWALK™” A WALK WITH A DOC Program. “Take a step toward better health,” says Dr. Kristin Anderson.

Community Medical Center and Missoula Parks and Recreation are hosting a free “JustWalk™” Walk With a Doc walking program on Saturday, October 3 at 10 a.m., as part of the “Diva Day” festivities at Community Medical Center campus and Fort Missoula. Walkers will enjoy a refreshing and rejuvenating 5k walk with Dr. Kristin Anderson, who will provide support to the walkers and answer questions during the walk.

Walk With a Doc is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. “This program has had tremendous participation and success in many other cities around the country,” said Dr. Anderson. “I’m very pleased to be a part of this exciting and simple program that shows such improved health results for so many people.”

Dr. Anderson encourages anyone in the community to join the walk. This is a FREE program and pre-registration is not required. Walkers of all fitness levels and abilities are encouraged to attend, and walkers may choose the distance and/or duration of their walk. Future walks will be announced via the Walk with a Doc website, www.walkwithadoc.org and at www.missoulaparks.org. Missoula’s Walk With A Doc program will integrate with the statewide Montana Trails Rx program, which provides resources for medical providers to issue prescriptions to clients for walking while utilizing local trails.

“Walk with a Doc is honored to team up with Community Medical Center and Missoula Parks and Recreation. By incorporating Walk with a Doc, Community Medical Center is demonstrating an exceptional level of caring and commitment to their community”, said Dr. David Sabgir, founder of Walk with a Doc.

(more)

Why walk? "There's no question that increasing exercise, even moderately, reduces the risks of many diseases, including coronary heart disease, breast and colon cancer and Type 2 diabetes," said Dr. Anderson.

According to the American Heart Association, walking as little as 30 minutes a day can provide these health benefits, as well:

- Improve blood pressure and blood sugar levels
- Help maintain a healthy body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis

Missoula joins a growing list of communities nationwide that have created local Walk With a Doc (WWAD) programs. WWAD was created by Dr. David Sabgir, a cardiologist who practices at Mount Carmel Health Systems in Columbus, OH and he has been walking every weekend since 2005. The expansion and support of the program is thanks to Anthem Blue Cross/Blue Shield.

What: FREE Walk With A Doc program
Date: Saturday, October 3, 2015
Time: 10 a.m.
Location: Community Medical Center Campus, meet at Walk With A Doc table

(end)

About Community Medical Center:

We are 1,200 of your friends, neighbors and family who live our mission every day – Your Health, our commitment to you, from day one. Community is a hospital with core competencies in primary care, women's care, pediatric care, oncology and rehabilitation services as well as a full spectrum of services you may need in your lifetime. We are your Community! Come visit us.

About Walk With a Doc: WWAD is a non-profit organization that encourages healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. "Just Walk™" Walk with a Doc has over 100 active programs across the country and around the world. To learn more, go to www.walkwithadoc.org.