Acknowledgments

WIN Steps Facilitator's Guide is a collection of ideas and tools for community-based pedometer walking programs. WIN Steps was developed after walking programs were implemented in six rural communities in Montana, Idaho, and Wyoming as part of WIN (Wellness IN) the Rockies from 2002 to 2004.

WIN the Rockies is a community-based research, intervention and outreach project. WIN the Rockies’ mission is to assist communities in educating people to value health, respect body-size differences, enjoy the benefits of self-acceptance, enjoy physically active living, and enjoy healthful and pleasurable eating. WIN Steps promotes lifestyle physical activity and incorporates “lessons learned” from WIN the Rockies to help you conduct a successful walking program.

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