Selected Quotes from Walkers:

“This walking business is going to be a life commitment. Thank you for your encouragement and ideas.”

“Had a nice visit with a young single mom. On the way home, visited with an older hip-replacement survivor. Sure a lot of nice people out there and you find them when you walk.”

“We got to see the full moon come up over the mountains while we were walking. We’d have missed that if we’d been in the house.”

“Walking is a way of life – let’s walk! A phrase that is easier now thanks to the walking program.”

“I needed to reach 12,110 by the end of week 8, and I was able to surpass it to 13,607. The effort was worth it and I feel better physically. Not too bad for a 67-year-old, who had a broken back three years ago. Thanks for the challenge.”

“I tried to hit my goal; anything over 6,000. When I know I have to write it down so someone else can see it, it makes me walk more steps. It is a good way to motivate me to walk more. I enjoyed walking for these last 8 weeks. Thanks for a great program.”

“Thanks so much for doing this program. I have really enjoyed it and it was a motivator for me. You have really helped me.”

“I have heard nothing but wonderful things about the pedometers. Thanks so much for doing this!! Apparently the teachers at the high school and the junior high school are jealous and they want to get in on this. So if you need some help with that, let me know.”

“Didn’t make it [my goal], but next week’s goal is higher and I will be more active this weekend which should help. It is harder than I thought it would be.”

“It’s amazing how much you walk around the house.”

“This has really pushed me to be more active.”

“I already feel so much better than I have.”

“I bought one for my husband and gave it to him for Valentine’s Day because I love him and want him to live longer.”

“These pedometers have made me aware that I don’t get very many steps on my days off of teaching, so I am worried about my physical activity when I retire (which is shortly).”
“I have lost weight and fit into my clothes better than I did in January.”

“I study my Spanish while I walk. Perfect combination.”

“Still on crutches and in wheelchair – but I’m increasing! It’s hard work on crutches.”

“This program makes me want to dance instead of sit! It is a great program!”

“I really need to keep this up. I have more energy since I started increasing my walking.”

“WOW! I think I had better take the car more. My feet may just wear out.”

“I walk most days. I was very pleased with myself!”

“It was hard not to increase my walking. Just knowing I had the pedometer on made me want to see how many steps I could take in a day.”

“It’s sure a motivator to get out and move.”

“I love this! I am much more aware of moving my body. I am excited to see how I will increase my activity.”

“This is fun! I’m moving for the first time in 10 years!”

“I am a little surprised that I do not walk more than I do. I thought I was a real mover. The difference in days is surprising too. This makes me want to increase my days to be more of the same steps. This is really challenging me to improve what I do and don’t do physically.”

“I’m surprised I made my goal. I felt lazy this week. I guess parking farther away really does help.”

“Even though I didn’t increase my average by 10% this week, I feel glad that I improved the number of steps I took during the weekend.”

“It was a wonderful, life-altering experience many of us have enjoyed and plan to continue with. My classes benefited as well! Thank you so much.”

“Tell my walk coordinator she will be disappointed that I didn’t make the goal of 10,000 but tell her to keep in mind that I just had hip replacement surgery in July and for me I thought I did very well.” (Note: This quote was from a man whose daily steps averaged 8,230-9,210.)

“My mother is currently enrolled in your walking program. She was so excited about it that when she came down for a visit, she continued on the program. It looks very interesting to me and I was wondering about the possibilities of starting a program like you have in Southern California. If you could give me any advice or hints on how to get it started if it is possible, I would really appreciate it. Thank you so much.”

“Thank you. This program has been very beneficial as well as fun.”
“I can’t tell you how good I feel. I just look down at my walking thing and get motivated all over again.”

“Lawn mower days result in 14,000+ steps. It takes me about two hours with a walk-behind mower. It’s better exercise than just walking.”

One walker with developmental disabilities lost 80 pounds. When asked how he lost the weight he replied, “I just don’t eat as much anymore and I walk a lot.”

“This has been great – a good incentive to keep walking.”

“I have reached Canada as part of the walking program but I can’t go any further without a passport.”

“I learned about being physically fit at any size and age when I competed in a community 5K fun run/walk. First place went to a woman who probably weighed 25 pounds more than me and had been conditioning for 5 years. Second place was won by a 57-year-old woman who was easily 3 inches shorter than me but had a stride of a 6-foot woman, who had conditioned for 2 years. I won the third place medal.”

One walker shared she has lost 85 pounds and maintained the loss. She is very enthusiastic, has taken *A New You* classes, and is part of the pedometer program. She describes the process of physical activity and weight loss as learning to take “baby steps backwards” to unlearn bad behaviors, etc.

“Thanks for having such a fun program. I really enjoy counting steps.”