

Title of Intervention and Website: A walking program for sedentary adults

Intervention Strategies: Supportive Relationships, Group Education

Purpose of the Intervention: To increase physical activity in sedentary adults

Population: Sedentary 18 -55 year old adults

Setting: Community-based

Partners: None mentioned

Intervention Description:

The intervention lasted for 16 weeks. Participants were randomized into three groups. Group 1: 30 continuous minutes of walking six times a week; Group 2: three 10-minute walks a day, six days a week; Group 3: 30 minutes a day of walking in any combination as long as each walk is over 5 minutes, six times a week.

- Supportive Relationships: Participants met individually with an activity counselor once a week for approximately 15-30 minutes to discuss their walking program. Topics discussed at the meetings included goal setting and mastery, self-management techniques, weekly personal feedback, problem solving, and behavioral contracting.
- Group Education: Each walking group met for a one-hour information and modeling session. Participants were given materials and instructed on diaries and walking regimen.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: activity counselors, staff to prepare materials
- Training: not mentioned
- Technology: computers and printers
- Space: meeting space
- Budget: not mentioned
- Intervention: informational materials
- Evaluation: accelerometer, heart rate monitor, laboratory and clinical tests, statistical software

Evaluation:

- Design: Randomized control trial
- Methods and Measures: Aerobic fitness (heart rate monitor), blood pressure, body composition, and physical activity (accelerometer) were assessed at baseline, at the end of the program (16 weeks) and at follow-up (32 weeks).

Outcomes:

- Short Term Impact: not mentioned
- Long Term Impact: All groups significantly improved their aerobic fitness and systolic blood pressure and increased their physical activity at the end of the program. At follow-up all groups maintained this level.

Maintenance: Not mentioned

Lessons Learned: A walking prescription of 30 minutes per day on most days of week with the choice to walk in as little as 5 minute bouts can improve cardiovascular health and body composition as well as help sedentary people maintain those improvements over time.

Citation(s):

Coleman, K. J., H. R. Raynor, et al. (1999). "Providing sedentary adults with choices for meeting their walking goals." *Prev Med* 28(5): 510-9.