



South Carolina Family and Community Leaders

affiliated with

National Volunteer Outreach Network

Country Women's Council, U.S.A.

Associated Country Women of the World

in partnership with Clemson University Cooperative Extension Service SCFCL website: scfcl.com

2021 State Project

WalkSC

for better health



WalkSC

WalkSC is a 12-week online program allowing participants to virtually walk trails across South Carolina while staying in the comforts of their home communities. The program was initially designed for any age adult with no medical issues that would prevent a regular walking routine. Through this pilot program, plans are currently geared toward adults age 55+ who are not currently active but interested in becoming active by establishing a regular walking plan.

Over the course of the 12-week program, participants receive emails with a weekly walking challenge, health tips, and brief videos. The program will cover topics including walking pace, proper walking footwear, nutrition, hydration, blood pressure, and more. This program is designed to be fun and provide an opportunity for improved health.

Participants will:

1. Utilize walking as a form of regular physical activity
2. Increase walking distance each week
3. Increase knowledge on topics related to a regular walking routine

Specific details on the SCFCL pilot test for this program are forthcoming. In a Spring 2021 group, the Clemson Extension Rural Health and Nutrition Team will begin looking for willing SCFCL participants to enroll in this group. If you (and a buddy!) are interested in joining this online pilot test group, contact Rhonda Matthews directly at rhonda@clemson.edu or by cell at **864-554-1634**.

WalkSC was created by the Clemson University Extension Service Rural Health and Nutrition Team. The team will continue to conduct and coordinate this program for interested South Carolina participants.