



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 Report Form

# WalkSC



WalkSC is a 12-week online program which allowed 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 received emails with a weekly walking challenge, health tips, and brief videos. The program covered topics including walking pace, proper walking footwear, nutrition, hydration, blood pressure through Facebook. This program was designed to be fun and provide an opportunity for improved health.

How many weeks did you participate? \_\_\_\_\_ weeks

How did you increase your walking distance with the program?

---

---

Did you visit Facebook every week and learn from the videos supplied? \_\_\_\_\_

Would you like to share any special experiences?

---

---

What did you like best about the project? \_\_\_\_\_

Did you complete the WALKSC 12-week program? \_\_\_\_\_

Would you like to share how many steps you walked during this program? \_\_\_\_\_

Write a paragraph or so about your experience with the project to let the Clemson Extension Rural Health and Nutrition Team and SCFCL what worked good for you as well as what didn't work well for you.

Mail this report form by September 30, 2021 to:

Alice Williams, Chair

309 Harmon Road, Hopkins, SC 29061

Or email to: [alicesw1954@gmail.com](mailto:alicesw1954@gmail.com)