

Add Years to Your Life, One Step at a Time

Focusing on helping residents to self-manage their health and wellness with exercise and physical activity programming, Memorial Hermann collaborates with partners across the region. Working together, we activate park features and promote safe, engaging, culturally appropriate opportunities for people to get fit within their own neighborhoods and communities.

Promoting Physical Activity

Physical activity is promoted through a variety of programs, all with the goal of providing education on the benefits of regular exercise from emotional well-being to support in combating chronic diseases and health complications.

- **Soccer for Success** is an after-school program that uses soccer as a tool to not only encourage elementary and middle school students to embrace an active, healthy lifestyle, but also nurtures personal growth beyond sports.
- **Pathway to Clark Park** is a 1.1-mile safe, beautified path between our School-Based Health Center at Burbank Middle School and Clark Park, encouraging school, student and family park engagement.
- **StepHEALTHY Walking Club** promotes social engagement and physical activity to improve health and wellness. Every month during their fun and engaging StepHEALTHY Celebration of Life Social, the walkers share stories about how they have improved their health and quality of life since they started walking with the group.
- **Walk with a Doc** moves behavior change out of the clinical setting and into an energized walk in the park, with a brief presentation on combating chronic diseases. Dancing with a Doc is a new spinoff of the popular walking program, and it combines a Zumba workout with a presentation on mental health topics.
- **StepHEALTHY Connects** recruits members of the StepHEALTHY Walking Club to become certified professional group fitness instructors. We fund certifications and insurance for one year, as well as mentor and train members on how to create business opportunities for their economic growth.
- **StepHEALTHY Seniors in Motion**, in addition to providing senior socialization, is designed to improve strength and flexibility as it exemplifies the impact physical activity has on improving the performance of daily tasks and activities, regardless of age.

