



Fit Walks



- **Partners:** Lorain County General Health District, Lorain County Metro Parks, WOBL/WDLW Radio
- **Type:** Health & fitness
 - Accessibility, special needs, & socializing
- **Walking Group**
- **2011**

County: Lorain



"For The Health of Us All"





Fit Walks



- Anybody can attend Fit Walks. In 2015, the median monthly attendance was 105 walkers. The average weekly attendance was 16 walkers. The total number of unique walkers in 2015 is estimated to be around 500.
- Walks are weekly at 2 sites.
- Staff time is required from all partners

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- On average, the weekly return rate of walkers is above 60%. This is unheard of in many other no-cost programs.
- This program could be easily duplicated in other areas. The most important piece is having partners from different sectors working together to implement.

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