

## **MEDIA ADVISORY**

### **Walk with your Doc across the North**

*From prescribing exercise to walking with patients,  
BC's doctors are changing the way we view "medicine".*

**VANCOUVER, BC** –BC's annual *Walk with your Doc* event will see more than 375 doctors prescribe exercise to their patients at more than 60 walking events across British Columbia in an effort to get people in local communities outside and moving. From May 4 – 12, 2019, walks will be held in communities across Northern BC. Information about these walks can be found at [www.walkwithyourdoc.ca/walks-across-bc](http://www.walkwithyourdoc.ca/walks-across-bc)

All residents are invited to participate in these free events and will receive a free pedometer by signing up at [www.walkwithyourdoc.ca](http://www.walkwithyourdoc.ca). The website connects BC walkers with photos, stories, and a map of walks around BC. Use the hashtag #WalkWithYourDoc on Instagram and Twitter to share your experience with walkers from around the province.

Developed by Doctors of BC, *Walk with your Doc* provides a great opportunity for doctors to connect with groups of patients, to walk side by side, discuss the health benefits that walking provides, and demonstrate their commitment to support patients in leading a healthier lifestyle. Studies show that daily walking helps maintain weight levels, boost the immune system, lower stress, and prevent memory loss. Doctors recommend patients walk at least 30 minutes every day in order to maximize on the many health benefits.

Now in its ninth year, *Walk with your Doc* continues to grow in its pursuit to encourage and support patients to live an active lifestyle.

To find times, dates and locations of walks please visit the *Walk with your Doc* website at: [www.walkwithyourdoc.ca](http://www.walkwithyourdoc.ca)

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For more information:  
Patrick Higgins,  
Communications Coordinator  
604-638-8744  
[www.walkwithyourdoc.ca](http://www.walkwithyourdoc.ca)