



Nomination

The “How to” stream

Alliston FHT - Karim Zia & Leanne Martin

Alliston FHT Nordic Walking Program



Development and implementation of a Nordic walking program for patients of the Alliston family health team & local community living with chronic disease. Patients register for the program which runs twice weekly for 6 weeks. The AFHT provides the poles, instructor, and opportunity to improve your health and wellness while surrounded by others with similar health conditions.

The success of our program is based upon patient outcomes and experiences; therefore, the patients/caregivers are the ones driving change and improvements. Participants are encouraged to provide feedback during each walking session, ask questions as they come up, and complete a patient experience survey at the end of the 6 weeks. The patient/caregiver responses on the survey will directly impact the development and changes within the program as we strive to meet their care needs.