

**Maximizing your Walk Across Arkansas Experience:
Using Technology to Meet Your Goals**

Lesson Guide

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Introduction

Most American adults get too little physical activity and spend more than half their waking hours being sedentary. These factors can negatively affect health, leading to increased chronic disease risk, obesity, and premature death. Walk Across Arkansas is an eight week, team based online program designed to increase physical activity levels through friendly competition and collaboration. This lesson is designed to provide an overview of the Walk Across Arkansas website so participants can fully engage in the program and meet physical activity goals.

Target Audience

- EHC Leaders and Members

Objectives

- Participants will increase knowledge of the core components of Walk Across Arkansas
- Participants will increase confidence in registering for and participating in the online program
- Optional: participants will increase confidence in creating an email address

Materials

- Teaching guide
- Presentation: Registering for Walk Across Arkansas
- Optional presentation: How – and why – to start an email account

Suggestions for Teaching

- Before the lesson, review this lesson guide
- Review the PowerPoint presentations, which includes notes for each slide.

Suggested Use

If possible, have participants bring mobile devices, tablets/iPads, or laptops to the session. This will allow them to walk through the registration steps as you demonstrate them through the presentation. This is ideally during the Walk Across Arkansas registration period (first two weeks of September for the fall session or first two weeks of March for the spring session).

Teaching the Lesson

Please use the provided PowerPoint presentation to teach this lesson. It provides a visual, step-by-step guide to using the Walk Across Arkansas website. A script is provided in the narration section of each slide. The slides and script can be printed for use without a laptop.

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