

# Walk Fort Lauderdale

## Making Strides Toward Better Health

Thank you for your participation in the Walk Fort Lauderdale program. Please take a few minutes to complete the following questions.

- 1.) How long have you been participating in the walking program?
  
- 2.) What is the average number of days per week that you walked 30 minutes or more since starting the Walk Fort Lauderdale program?
  
- 3.) Has your doctor or you noted any positive results from your walking / exercise program?
  
- 4.) Have you visited a new park or walking trail since beginning the Walk Fort Lauderdale Program?
  
- 5.) Other comments:

Thank you. Please return this survey to the Holiday Park Social Center, Carter Park Social Center, Riverland Park, Osswald Park or the George English Tennis Center during business hours and receive a complimentary "Fitness Band and Exercise Guide."

Date: \_\_\_\_\_

Or Fax: Attn: Todd Stilphen (954) 321-1235

Or e-mail: [ToddS@fortlauderdale.gov](mailto:ToddS@fortlauderdale.gov)

