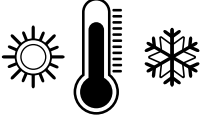



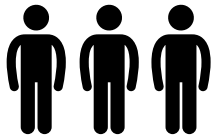

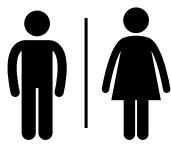




Why Mall Walk?



Mall Walking Programs May Help People Overcome Barriers to Physical Activity

	Barriers to Physical Activity (Lattimore, et al, 2011)	Mall Characteristics
	Weather (too hot, too cold, too inclement)	The majority of malls provide a temperature-controlled indoor environment that can be used for walking, regardless of seasonal changes and conditions.
	Neighborhood safety; fear of crime	Mall security staff and presence of other walkers and shoppers help to alleviate a fear of crime that may be prevalent in other neighborhood areas.
	Fear of injury	Accessibility to level surfaces in a mall helps reduce the risk of injuries that may occur with hilly and uneven terrain.
	Lack of resources or accessibility to a gym or health club	Few resources other than proper fitting walking shoes are needed for walking in a mall. Latest fashionable workout attire is not a requisite for mall walking.
	Lack of social support	Mall walking programs may provide support of a program leader, as well as support from other walking program participants for those who enjoy walking buddies.
	Lack of skills or experience with exercising	Most people can walk with little or no coaching or skills training. Mall walking programs can, and should be, inclusive of persons who may have difficulty walking.
	Lack of available and clean restrooms	Well-lit restrooms available in malls may help overcome the worry of some adults about walking in public places, where there may not be access to restroom facilities.

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