



## Registration

Please complete the registration information below. This information is confidential.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Optional:**

The following information is used to assess the clientele reached by the FSNEP WalkWays program.

**Race/Ethnicity:** \_\_\_\_\_ **Sex:** \_\_\_\_\_



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.

**For Office Use Only**

**Stage** \_\_\_\_\_

C\_\_\_ P\_\_\_ I\_\_\_ .

# Session 1

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

**Please complete the registration below. This information will not be shared with others.**

As part of the **WalkWays** program, you can receive messages that will encourage you to be healthy and more physically active.

We will send you 1-2 messages per week. These messages will motivate you to do the things we talked about in class and will remind you about upcoming classes.

\* Only sign up for text messages if you have an unlimited text message plan. You will be charged your standard rate for these messages.

You can sign up for either text messages or email messages. To sign up for the text messages, write your cell phone number below.

**Name:** \_\_\_\_\_

**\*Cell Phone Number:** \_\_\_\_\_

To sign up for the email messages, write your email address below.

**Email address:** \_\_\_\_\_



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## WalkWays Physical Activity Assessment

Name: \_\_\_\_\_

For each of the following questions, please circle YES or NO. Read each question carefully.

Physical activity or exercise includes activities such as walking briskly, jogging, bicycling, swimming, or any other activity in which the exertion is at least as intense as these activities.

- 1) I am currently physically active. NO YES
- 2) I intend to become more physically active in the next 6 months. NO YES

For activity to be regular, it must add up to a total of 30 minutes or more per day and be done at least 5 days per week. For example, you could take one 30-minute walk or take three 10-minute walks for a daily total of 30 minutes.

- 3) I currently engage in regular physical activity. NO YES
- 4) I have been regularly physically active for the past 6 months. NO YES

Source: Marcus, Rossi, et al., 1992



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C\_\_ P\_\_ I\_\_





