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Dear Nancy and Anabel:

Thank you so much for giving Chula Vista Walks (CVW) the opportunity to become a Live Well San Diego Partner. Your help has been invaluable in moving our organization forward in the application process.

As you know, CVW's mission is simple: We strive to improve the health and wellbeing of older adults through walking.

For almost four years, CVW has led walking sessions twice a week, every week, rain or shine. Each session begins with a 15-minute health talk and barrier-solving discussion, followed by a one to four mile walk. Our senior clients are given pedometers and step logs upon joining and are asked to commit to walking 5 to 7 days per week. Documentation of each day's steps is a core practice of our program, as is a weekly counseling session with a health coach. Our ultimate objective is to increase each senior's step count by 2000 steps (or one mile) every two years.

Over the past four years, CVW's results have been dramatic: As a result of consistent walking, many of our seniors have been able to reduce their intake of prescription medications. Some seniors have been able to reduce or eliminate their dependence on canes and/or walkers. Almost all of our clients report improved balance, better moods, more self assuredness and improved vitality.

CVW is currently working to form partnerships with various health organizations while attempting to expand our program to all of the recreation centers in Chula Vista. The eventual establishment of child and mid-life walking programs is also on our agenda.

CVW would like to become a LWSD Partner because we understand the power of forming alliances and exchanging information with those who are as passionate as we are about improving the health and wellbeing of our communities—especially the underserved. We are committed to working hard to achieve better mental and physical health outcomes for the seniors, mid-lifers and children in our community.

Thank you, again, Nancy and Anabel, for your help in bringing us into the Live Well San Diego fold. We look forward to our continued work with you.

Sincerely,

Diana Milburn,
Lead Health Coach
Chula Vista Walks

Madeleine Corbeil,
Lead Health Coach
Chula Vista Walks