

From Andrea Sellers to All Panelists : Round Rock, TX
From John Paulus to All Panelists : Aurora, CO

From Mark Schoepp :

Resources in your community and for you to do a Walk To program:

1. Weekly Activity Log - <https://www.dropbox.com/s/ibmsc2rw92ywjla/ActivityWklyLogKSMurdy.pdf?dl=0>

2. Exercise Log - <https://www.dropbox.com/s/6e3duc7x8hmy8gd/ExerciseLogKSMurdy.pdf?dl=0>

3. Health Resources in Community - <https://www.dropbox.com/s/gf9v0ax7kdsh9wr/Exercise-and-Health-Resources-in-Your-Communities.pdf?dl=0>

4. Exercise Guidelines - https://www.dropbox.com/s/7wr6qf0kp26d9dp/Exercise-Guidelines_Murdy.pdf?dl=0

5. The Walk Info - <https://www.dropbox.com/s/4dj76ogaj600wpe/The-Walk-2015-2.pdf?dl=0>

6. Walk To Event - https://www.dropbox.com/s/jozgc57n8cijysh/WalkTo-Event_Murdy.pdf?dl=0

7. Peace Walk To Results - <https://www.dropbox.com/s/47ongal66xiqvvm/PeaceWalkToResults.pdf?dl=0>

Exercise/WalkTo planning video on YouTube: <https://www.youtube.com/watch?v=STv9B2Usw28>

Physical Activity Guidelines for Americans. https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

From Dan Hasenwinkel to All Panelists : upstate NY
From Timothy Fraker to All Panelists : Weatherford, TX
From Bill Timm to All Panelists : Yuma, AZ

From Mark Schoepp :

P.L.A.N

<http://karensuemurdy.blogspot.com/2017/01/christmas-calories-have-caught-up-with.html>

From Mark Schoepp :

<http://wlicuw.org/profile/speaker-karen-sue-hinz-murdy/>

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ksmurdy@gmail.com

From Mark Schoepp : <https://runhardrestwell.com/>

From Mark Schoepp : Natural environment and mental health for older people. <https://bmjopen.bmj.com/content/5/9/e007936>