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The Impact of Email Communication on a 12-Week Walking Program

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PURPOSE: To determine the impact of email communication on step counts during a 12-week walking program. **METHODS:** 67 participants enrolled in a 12-week walking program. All participants received a general email on Monday morning that included program details, health information, and a request for step counts to be submitted by a specified day and time. A dependent sample t-test was used to determine the difference in step counts from baseline to program completion (12 weeks). **RESULTS:** The completers (n=30) of the 12-week program significantly increased step counts from week 1 (65,897±19,129 steps) to week 12 (79,600±30,570 steps) of the program ($p < 0.01$). Intent to treat analysis showed statistically significant improvements in step counts from baseline to 12 weeks in all enrolled participants (n=65) ($p < 0.01$). Approximately two-thirds of the participants achieved the daily recommended 10,000 steps. **CONCLUSION:** The email communication in this 12-week walking program did have a significant impact on step counts in both completers and non-completers.