

## The RAMble Report

The first **RAMble: Walking for Wellness** of the fall was held on September 18, 2021 and got off to a great start! It was a beautiful Saturday morning and despite not having met in person since the onset of the pandemic, there were 23 participants in attendance. Susan Hong, M.D., FACP, director of the Cancer Survivorship Program at VCU Massey Cancer Center, delivered a five minute health talk on the importance of Vitamin D. VCU physical therapist Mary Shall, PT, Ph.D., led us in a set of brisk warm-up stretches, then we were off on our walk.



We are welcoming several new members to the RAMble planning team, both from Stony Point Medical Center's Women's Health Clinic. Chelsea Smyth, M.P.H., R.D., was hired as the new nutritionist and leads the Diabetes Refresh program that meets immediately after the RAMble. In addition, Laura Beamer will be assisting us with marketing efforts and data collection. To help understand why people attend the RAMble, a five question survey was developed. It will be offered to October participants who did not complete it in September. So far, the results – which we will share with you next month – have been surprising (in a good way!), as well as helpful. Stay tuned!

If you are not familiar with the RAMble, or have not participated before, here are some facts: The RAMble is a group walk held each month from September through June at Stony Point Fashion Park on the third Saturday at 8:30 am. The purpose is to promote healthy living by increasing physical activity. The walk includes a five minute informational health talk about an interesting variety of topics, a brief warm-up led by a physical therapist and the opportunity to walk 1.5 miles while chatting with your healthcare team members.

You are invited to join us each month for these fun group walks\*. Meanwhile, visit the RAMble webpage at <https://bit.ly/masseynamble> – view the photo gallery from previous walks or watch the videos of previous health talks. We will be adding more over the coming months. We meet at the former Panera entrance, around the corner from Dick's Sporting Goods (also now closed) and just passed the dog park. Oh – you are welcome to bring your dog!

The next RAMble is on October 16. Our speaker will be VCU Health cardiologist Hem Bhardwaj, M.D., and she will discuss heart health!

*\*To participate, you must be fully vaccinated and wear a mask. As the positivity rate declines we will revisit the mask mandate, but for now, we want to keep everyone safe and healthy.*