Stepping Into Wellness: Exploring the Feasibility, Acceptability, and Impact of Walking Pads in a Medical School Environment: Methods

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INTRODUCTION

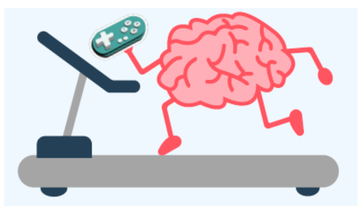
- Medical school students face unique challenges, including long hours of studying, intense pressure, and high-stakes exams. Many students spend extended periods sitting in study areas, which has been associated with various health risks such as poor posture, cardiovascular strain, and mental fatigue.
- Physical activity has been shown to improve cognitive function emotional well-being and academic performance.
- A survey of the Geisel Medical School class of 2028 indicated 79.4% of the students would use walking pads if they were available in Geisel spaces.
- Similar wellness initiatives have been successfully implemented in other institutions, however, there is no data regarding their impact.

AIMS

Aim 1. Feasibility of Intervention: whether the implementation of walking pads is operationally feasible in a medical school setting, as measured by frequency of student use and self-reported satisfaction with the program.

Aim 2. Physical Health and Activity: whether students who use walking pads report greater levels of physical activity, movement, and reduced sedentary time.

Aim 3. Mental Fatigue and Stress: whether access to these resources is associated with improved mood, reduced perceived stress, and mental fatigue during long study sessions



METHODS

Students checks out a walking pad.

Students bring the walking pads to various locations and walk!

When finished walking, students fill out a survey regarding their satisfaction with the walking pad, physical activity level, and mental health.

Students checks the walking pad back in.