Exercise for diabetes and get a leg up.

If you’re not into regular exercise, getting started on a exercise plan can be a difficult.

Walking is a great place to start—and a great exercise to include in your life. Join DogGone Diabetes and Walk with one of Auburn’s School of Nursing therapy dogs. AUSON implemented a walking program that includes adults living with diabetes or prediabetes walking with dogs from an established animal-assisted therapy program. The goal is to increase and sustain walking in study participants to 150 minutes per week.

Daisy is 3-year-old golden doodle. She loves the nursing students.

Miller is a 9-year-old golden retriever. She loves human attention and responds vocally when she gets it.

Choa is a 11-year-old golden-lab mix. She is known for her sweet disposition and calm demeanor.
Research Project

Background and Significance:
Adults living with diabetes should participate in 150 minutes of exercise weekly. Many do not meet this guideline. Walking is the American Diabetes Association recommended exercise and dog-walking is a proven intervention to increase and sustain physical activity.

Purpose:
The purpose of this study is to implement a dog-walking intervention to increase physical activity in adults living with diabetes or prediabetes.

Auburn University is a perfect setting for this project. It is a dog friendly walking campus. The main campus now has walking trails to encourage employees, students, and visitors to incorporate exercise into each day.

Method:
DogGone Diabetes will enroll people living with diabetes or prediabetes. Supervised dog walking with participants will occur over a six-month time period.

Outcome:
The primary outcome, minutes of walking per week, will be measured using a physical activity tracker.