

# Start a Walking Club at Your Worksite

**Goal: To create a walking program at your worksite that encourages employees to be physically active.**



## Why Walking?

- Walking is easy, inexpensive and convenient.
- Walking helps maintain a healthy weight.
- Walking benefits the health of your employees and your worksite – it strengthens hearts, bones and friendships!
- Walking increases energy levels and improves posture.

## Getting Started

- Make it a priority! See if you can find someone to help you organize the group. It's more fun with a friend.
- Talk to people you know. Have an informal meeting to decide how frequently to walk and where to meet each time.
- Choose regular walk times that will fit most peoples' schedules. For example, try Wednesday at 12:15 PM, leaving enough time to have a nutritious lunch.
- Keep walks about the same length. Use a map to figure out distances.
- Advertise! Try promoting your walking group via:
  - Bulletin boards
  - Worksite newsletter
  - Flyers
  - Word of mouth
- Don't be afraid of getting too large a group! If this happens, it means people are interested. The large group can be split into smaller groups.
- Keep it fun! Try motivational tricks like contests, trivia questions, and silly prizes.
- If someone joins who is severely out of condition, suggest they check with their doctor before starting the walking program.
- Occasionally join a well-established fund-raising walk for a nice change.