



WALKING GROUP TOOLKIT

Walking with other people on your breaks is a great way to stay physically active. This toolkit is designed to help you and your co-workers organize a walking group. It includes the following items:

- Developing a Walking Group check list
- Maps of possible walking routes
- Tips to get you started
- Group walking log
- Individual walking log

**DEVELOPING A WALKING GROUP
CHECK LIST**

- Identify co-workers who are interested. Don't worry if you start small. Others will catch on.
- Identify several days/times that are convenient and the amount of time or distance the group would like to walk.
- Schedule and go on your first walk. If possible, try to create a schedule for a few weeks in advance.
- Identify both indoor and outdoor walking routes, so that the weather will not get in the way.
- Keep a pair of comfortable walking shoes at work.
- Send out a reminder note or email the day before your first walk that includes starting time and location.
- After each walk, remember to update your Walking Group Log, so you can keep track of your group's progress.



DEVELOPING A WALKING GROUP:

Here are some guidelines, and tips, to help get your group going!

Trouble finding the time? It is best to schedule your walk ahead of time, rather than do it on the fly. *Still feeling the time crunch?* You can use the walk as a time to talk about work-related issues.

Be prepared. Keep comfortable walking shoes at work at all times. You may even want to keep a set of walking clothes at work. Remember to bring a bottle of water when the weather gets warm.

Set goals for your group. There are lots of ways to help your group get motivated.

- Walk to a fun “destination”. By keeping track of your progress, your group can set a goal to walk “across the state” or a place you’d all like to “visit” by counting miles.
- Get competitive. Find another walking group to compete against. Set a goal to achieve, like total number of minutes, total number of miles or steps, or a destination. Whoever gets there first wins! A prize could be a Potluck lunch or breakfast sponsored by the other team.

Want to know how you’re doing? There are several ways to monitor how your group is doing. Step Ahead has developed a Group Walking Log that allows you to:

- Track the amount of time your group walks.
- Track the distance that your group walks by counting steps. Your group members will need to wear pedometers, or step counters.
- Track the distance that your group walks by counting miles. Have your group walk along a route with measured distances. Step Ahead has walking routes that will allow you to do just that.
- Track the number of days per week each person walks.

Reward yourselves! Once you’ve reached your goal, do something special. Have a healthy group breakfast or lunch or do something else fun.

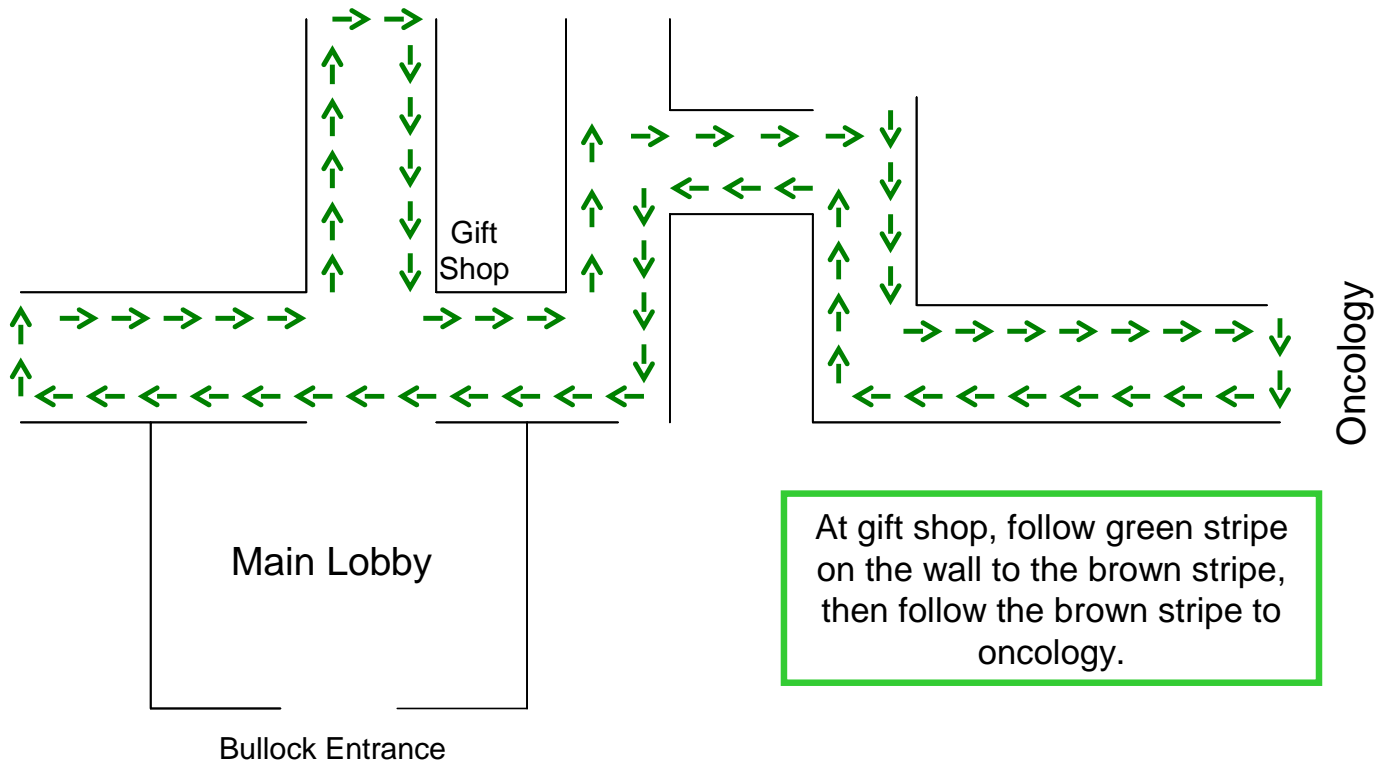
Getting bored with the same walking route? Step Ahead has indoor and outdoor walking routes right here at the hospital for you to use. Have more than one route, and alternate.

Be flexible. Once your group gets going, you may find that not everyone wants the same things. Some may be looking for an opportunity to talk about work, while others may not want to talk about work at all. Some may want quick and easy walks, while others may want more challenging walks. It is okay to break into smaller groups and form new groups to meet the needs of everyone!



Health Alliance/ Burbank Campus - Indoor Walking Route

→ 3 loops = 1516 steps
0.6 miles
10:38 minutes





Health Alliance/ Burbank Campus - Outdoor Walking Route

- ➔ 1 loop = 995 steps
.43 miles
9 minutes
- ➔ 2 loops = 2880 steps
1.44 miles
30 minutes

