



GUIDE: Set Up a Walking Group at Your Worksite

Congratulations! You are taking steps to make your workplace a healthier place by forming a walking group. Walking is a wonderful form of exercise that can help with weight control, disease management, mood improvement, and so much more.



1 Assess the walkability of your workplace

- Talk to your facility manager (if available) about a safe route
- Pay attention to visibility, if there are trails/sidewalks available, obstacles that may get in the way, busy streets, etc.



2 Create a route

- After confirming that your workplace is walkable, you can identify the route! Get input from people in your work place who are already walking; or nail down the distance/time you want to walk, and then use a clock to time the distance or an app, like MapMyRun, to create your route.



3 Find out who is interested

- Send out a survey or ask around. Consider increasing interest by having a walking challenge around the time you plan to start the group. The challenge can be free and super easy, such as having people track their steps, keep track of minutes walked, etc.



4 Recruit, recruit, recruit!

- Just ask! Consider sending an email to the whole office asking them to join your walking group. If you can't send to the whole office, find someone who has access to the distribution list and can send the email.



5 Schedule a time that works best for most people

- Ask interested people when they're available to walk, for how long, the days their available, how many times a week they want to walk, etc.



6 Send a kick off email

- Include the date, time, meeting place, picture of the route (if able), safety information, such as the importance of appropriate footwear, heat advisory (if appropriate), importance of water; and a disclaimer statement such as the one below:
 - *You should always consult with your doctor or provider before beginning any type of exercise or physical activity. The State Health Benefit Plan and Sharecare are not responsible for any risks, injuries or damages, known or unknown, which might incur as a result of participating in the walking group.*



7 Stay committed!

- Make sure you are showing up to all walking groups! Remember that you are the leader of this group and those participating in the group are relying on you to show up every week. It helps to set a time frame for the walking group. For example, if you start a walking group in the spring, have the group run from March to May, and break for the summer.



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