



How to Start a Workplace Walking Group

Help get your workplace moving by starting a walking group! It's a great excuse to get out of the office, get some fresh air and get your body moving.

1. Get a few interested workmates together.*
2. Meet up and have a chat about:
 - How long to walk
 - How often to walk
 - When to walk
 - What pace suits everyone
 - Who will lead (or take turns leading?)
 - Where to walk (ring your council for a map of your area).
3. Put up posters & let everyone know.
<http://admin.victoriawalks.org.au/Assets/Files/Walking%20group%20poster.doc>
4. Wear comfortable shoes & get walking.
5. Repeat!



** If you need organisational approval, be sure to involve your OHS officer or relevant manager and highlight the benefits of walking (resources below).*

Benefits of getting active at work & resources

<http://www.beactive.com.au/workplace.html>
<http://www.bristol.ac.uk/news/2008/6063.html>
<http://bit.ly/PqrXb>

Tips from other workplaces

<http://www.pathsforall.org.uk/pathstohealth/documents/Networkingeventwriteup.doc>