

## Baw Baw Shire Walking & Running Groups

*'Walking groups are great.... They don't cost the organisation anything and it's an easy activity that staff enjoy getting involved in'.*

Baw Baw Shire's Health and Wellbeing program includes a regular walking and running group. A weekly run after work at 5.15pm on Wednesdays is offered to all staff as well as a lunch time walk on Thursdays at 12.30pm.

The walks and runs are easy to organise. The Health and Wellbeing Committee promotes these activities through a calendar, which is up at all workplaces and is also accessible on the staff intranet. Both activities are free, with interested staff simply meeting out the front of the relevant office at the appointed times. There is no leader as such. Staff who turn up simply decide amongst themselves on a suitable route. Walks usually last for between 30 and 45 minutes. Although numbers in both activities rise and fall according to the weather and work commitments etc, they are ongoing activities.



*'Walking in a group helps you keep motivated because you don't want to let your colleagues down, even when it's raining!'*

Apart from health benefits, Gabrielle says that 'walking with other people is fun. We get to have a chat outside of the usual work environment.' Staff who attend have formed strong relationships. This further strengthens the group as people remind each other to turn up, and encourage those who may not have attended for a while to join in. 'It's positive peer pressure'.