



# 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).*

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**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>