

Planning a Wellness Walk

- Get permission (if necessary) from the Administration. It's great to also get their SUPPORT.
- Set a date and time that will be convenient. Check calendars for conflicts.
- Measure a course. Walking several laps of a shorter course is quite acceptable—it may encourage beginners to know they aren't out of sight of the organizers. Make it simple to follow. Do you have to get permission to use the course? Make sure it is a safe course
 - Have a way to warn traffic if crossing a road
 - Extremely uneven or wet ground can cause a fall
- Promote via email, flyers, inter-office memo, word of mouth. Having a core group of workers spread throughout the company or community can help spread the word.
- If possible, seek some donations to be given away. If the object is to get people moving, it is better to have random drawings or an award for every finisher than to give prizes to the “winner.” Perhaps that support from the administration can assist.
- Try to get water donated or find a way to purchase it. If that fails, make sure participants know to BYOW--Bring Your Own Water and dress appropriately for the weather.
- THE DAY OF:
 - Put arrows (if necessary) to mark course
 - If having a drawing, have a way for people to register. If possible, have them put email, or department so names can be collected for future activities.
 - Have a short welcoming introduction—possibly from someone in administration
 - Have a stopwatch to time people.
 - Have maps of the course available and give a brief explanation of the course prior to the start (make sure the leaders or fast walkers know their way).
 - On you mark, Get Set, Go and the watch begins!
 - Call out times as people finish. If they continue to walk this course, they can see improvement. If it is a known distance, they can gauge that time frame when they walk other places.
 - Have a way to give out prizes.
 - Watch people have a good time.

Some ideas to make the wellness walk special:

- Get top administration to walk with your group.
- Find ways to promote a healthy lifestyle
 - signs or handouts along the way with healthy tips
 - healthy snacks
 - give pedometers or healthy food as prizes
- Find a fun way to give out prizes—specially marked pieces given out along the course, have a “poker walk” where everyone received 5 cards along the way and the best hand wins (this can be converted into any kind of cards that might work with your company and give them monetary values)
- Have music, get folks to wear company shirts for a photo, have a Polaroid or digital camera to take individual shots.