

Walking FUNdamentals

Walk at work



Employer Guide

Almost three-quarters of Americans don't get the recommended 30 minutes of daily physical activity.* Encouraging physical activity during morning, lunch and afternoon breaks may be one way to help improve your employees' health and productivity.

Consider these questions:

- Do employees walk to meetings outside the building?
- Do employees walk during breaks?
- Do employees walk to restaurants or parks to have lunch?
- Do you have engaging walking communications available at your fingertips?

If you answered "no" to any of these questions, **Walking FUNdamentals** can help. There are many reasons why people don't walk at work, including safety concerns, convenience and inaccessible walking routes. **Walking FUNdamentals** will provide tips and tools needed to develop a safe and convenient walking route at your worksite to help your employees increase their physical activity.

Handouts

Before you begin a walking program – Tips to get you started on your walking program.

Make walking work for you – Determine your starting point and create a walking program.

Walk your way to better health – Learn the health benefits of walking.

Track your steps walking log – Log your walking progress.



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Steps for success



Read *Worksite walkability*

Use the information to develop a plan to determine safe and convenient walking routes at your worksite.

Recruit volunteers

Get three to four volunteers to help you perform the assessment and evaluation of your worksite.

Review the *Walkability audit tool*

Use this assessment to evaluate the sites and destinations along your chosen walking route and consider improvements that can make the route more appealing and useful.

Distribute the handouts

Provide your employees with tips and tools to help them begin their walking program. The handouts provide information on how to begin a walking program, how to create a personalized walking program and the health benefits of walking.

Consider hosting a walk at lunch

Kick off the program with a “walk at lunch day.” Set a date and time when the entire organization can participate in a 30-minute walk together. Offer T-shirts to participants (T-shirt art provided on CD). Ask employees to sign up for the walk in advance and provide their T-shirt sizes. Order the shirts at least three weeks before the walk so participants can wear them the day of the event.

Once you have your walking route in place, use the communications provided to boost employee interest and promote walking at your worksite.