

# **Get Moving...**

## **Walking at Work**



## Step-by-Step Guide to Start a Walking Group at Work

Creating a walking group at work is a fun way to be active during the workday. Walking groups can help participants remain consistent, provide opportunities to get to know each other as they walk, and allow employees to reduce stress by being active. Here are five simple steps to creating a walking group at your worksite.

### Step 1: Find a Walking Group Leader

Find an employee that is excited about walking and willing to lead a walking group.

### Step 2: Get the Details.

Answer these questions so employees will know what they are signing up for.

- Where and when will the group meet?
- How long/far will they walk?
- How fast or at what level will they walk?
- How long will it take?
- Where will the walk go? (Create a walking map at [www.gmap-pedometer.com](http://www.gmap-pedometer.com))

### Step 3: Get Support.

Request support from management to allow employees to walk during breaks or lunchtime. Invite management to join in to show support for walking at work. Ask for incentives for participation.

### Step 4: Get the Word Out.

Once these questions have been answered create a handouts, announcements or e-mails to invite employees to join in. Personal invitations are always best.

### Step 5: Track your Progress.

Invite employees to track their participation on the Fit City Challenge website at [www.fitcitychallenge.org](http://www.fitcitychallenge.org). They can keep track of the miles, steps or minutes they walk. Award a prize for the employee that logs in the most each month or quarter.





Selecting the proper walking shoes that are comfortable and fit your foot will help prevent injuries such as blisters and calluses. Walking shoes that fit properly will also help you stick with your walking plan.

### What to look for in a walking shoe:

- ✓ Look for a low, supportive heel that rounds in. A thick heel or one that flairs out will cause your foot to slap down rather than roll. This slows down forward momentum and increases the occurrence of shin splints.
- ✓ Look for shoes with flexible soles and more bend in the toe. You should be able to twist and bend the toe area to ensure the proper stride when walking.
- ✓ Look for a shoe that is light weight and breathable so your feet will be dry and comfortable allowing you to walk longer.
- ✓ Be sure your foot has enough room in the toe box.
  - Make sure you can fit a thumb between your toes and the end of the shoe.
  - The shoe should be wide enough so that your toes can move freely.
  - Shoes that are too narrow or too wide can lead to blisters and calluses and can aggravate bunions and hammertoes.
- ✓ Your heel should not slip, and the shoe should not pinch or bend, especially across the arch or ball of your foot.

### Get the best fit when trying on shoes:

- ✓ Wear the same type of socks that you wear when you are walking.
- ✓ Shop later in the day, as feet tend to get slightly larger as the day progresses.
- ✓ Measure your foot. If one foot is larger than the other, try on a pair that fits your larger foot.
- ✓ Allow adequate time to try on several pairs of shoes.
- ✓ Put on both shoes and walk around the store for several minutes to assess comfort before buying them. They should feel comfortable right away.

Reference: [http://www.mayoclinic.com/health/walking/HQ00885\\_D](http://www.mayoclinic.com/health/walking/HQ00885_D)

