



Tips

Invite staff who live locally or long serving employees to lead a walk. They'll know the backstreets and hidden gems in the local area.

Invite people from different teams or neighbouring workplaces to walk together and you'll instantly meet lots of new people.

Map your walk on www.walkingmaps.com.au to let others know your walking route(s).



Workplace walking groups

Help get your workmates 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.

If you need organisational approval, be sure to involve your OHS officer or relevant manager and highlight the benefits of walking.

2 Decide:

- When, where, how long and how often to walk; and
- Who will lead the walk (staff can take turns, or the fastest walkers usually end up leading the walk anyway!).

3 Promote: Put up posters, send an email to let everyone know.

4 Schedule a recurring calendar reminder for those who want to participate.

5 Get walking!

www.victoriawalks.org.au
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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.

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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’.

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