



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #33: Create a Walking Route

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will be introducing a new “Workplace Wellness Idea” each month that employers can implement at low or no cost.

Why create a walking route at work?

An easy way for businesses to start creating a healthier workplace is by creating easy to access walking routes for employees to use during breaks or for before/after work. Depending on your workplace environment, these routes can be within a building or parking garage, on the grounds or in the surrounding neighborhood.

Where do I begin?

It is easy to do. All you need is someone willing to wear a pedometer around the building and to find a secure one mile long route which can be drawn onto an existing map of the facility. Another option is to download and use a variety of smartphone apps that can help map out a route around the surrounding neighborhood.

Smartphone apps that can be used to help map a route include:

Map My Walk/Map My Run



Pacer

Walkmeter GPS Pedometer

LiveTrekker



Footpath-Route Planner

12 Ways to Promote Physical Activity at Work

1. Conduct a workplace walkability assessment to ensure a safe and pleasant environment for walking.
2. Offer secure bicycle storage and showers for employees who actively commute.
3. Implement flexible scheduling-making it easier for employees to carve out time for exercise while juggling work and home responsibilities.
4. Make stairwells more appealing with paint, artwork, and motivational signage.
5. Negotiate a corporate discount with local gyms for a low cost membership or other benefits.
6. Encourage workers to take brief 2-3 minute fitness breaks throughout the day for walking, stretching, or stair climbing.
7. Offer free or reduced cost pedometers to employees! Run a steps-per-week team competition throughout the office.
8. Sponsor or promote employee participation in community events like 5K runs, basketball games and charity walks.
9. Organize lunchtime walking, running, bicycling, or yoga groups.
10. Encourage walking for one-on-one meetings.
11. Make standing or pacing vs. sitting at long meetings an acceptable option.
12. Encourage workers to be active at their workstations as much as possible—a few desk pushups, walking/pacing while on the phone, or stretching!

Source: <https://www.acefitness.org/acefit/fitness-fact-article/3120/fostering-a-workplace-culture-of/>



For more information, please visit GetHealthyCT.org

Let's work together to help make the healthy choice the easy choice in the workplace!