

# RESOURCES TO SUPPORT WALKING MEETINGS IN THE WORKPLACE

## WHAT IS A WALKING MEETING?

A small group meeting that does not require technology or note-taking where employees are encouraged to walk.

## BENEFITS OF WALKING MEETINGS

- Reduction in sedentary behavior
- Spark creativity, freshen perspectives, generate new ideas
- Relationship building among co-workers
- Improved physical and mental well-being
- Adding additional meaning to meetings



## WALKING REBRAND

Walking is an inclusive physical activity term that is individualized regardless of mobility limitation. There are various ways to walk. It is encouraged to rebrand this term while changing individual and societal attitudes through visual imaging so that everybody is included in walking initiatives.

## HELPFUL LINKS FOR PLANNING A WALKING MEETING

- [Everybody Walk! Collaborative: Hosting Walking Meetings](#)
- [Feet First: Guide to Walking Meetings](#)
- [CDC Steps to Wellness Guide \(page 52\)](#)
- [University of Notre Dame: Host a Walking Meeting](#)
- [Dr. Ted Eytan: The Art of the Walking Meeting](#)
- [Walksteps.org: Establish Walking Meetings at Work](#)

## TIPS FOR INCLUDING PEOPLE WITH DISABILITY IN WALKING MEETINGS

- Arrange the meeting in advance allowing individuals to bring proper footwear or assistive devices.
- Set the path ahead of time ensuring the same start and finish.
- Ensure that the path is accessible to all persons. Terrain should be a smooth, firm surface with no steep slopes. It should be free of obstacles within the path of travel and include curb cuts at all transfers. Follow the link for a Sidewalk Accessibility Assessment Form.
- For walkers of different abilities, some adjustment in speed may be necessary. The meeting should move at the pace of the slowest person.
- Consider high levels of ambient noise. A bullhorn can be used to ensure the speaker is heard by all.

## OTHER WORKSITE WELLNESS RESOURCES

- [National Alliance for Nutrition and Activity Healthy Meeting Toolkit](#)
- [NCHPAD Deskercise! 20 Ways to Get Moving While you Work](#)
  - [11x17 Deskercise Poster](#)
- [NCHPAD A Culture of Inclusion in Worksite Wellness](#)

