

Walk With the Mayor

As mayor, you want to be accessible to your residents. Give them the opportunity to meet and talk with you while helping them become more active. “Walk with the Mayor” not only encourages them to walk, but allows them to be more involved in their community. Similarly, mayors get their own exercise while setting an example for their town and getting to know their community members.

Find a Time – Decide on a regular time when you can go walking through your town, this can be weekly, or monthly.

Map out a Walk – Pick a place and map out a route to follow. It can be in a local park, walking trail, the mall or a designated route around the town. Make sure it is a safe place for a group of people to walk at a steady pace.

Promote the Walk – Get the word out! People of all ages will be excited to walk around town with their mayor. Hang up posters or flyers, send out emails and reach out to local government, faith based organizations, schools and senior centers to promote the walk. If it becomes a popular program, begin having signups.

Resources –

[Example: Boise Steps Up](#)

[American Heart Association Walking Club](#)

[Partnership for Prevention: Community-Based Walking Program](#)

[AARP Create the Good Walking Group Toolkit](#)

[Health Benefits of Walking](#)

MWC Success Stories —

On the third Wednesday of each month, residents of Cherry Hill, NJ join Mayor Chuck Cahn on a 2-mile walk around Cherry Hill Mall. This is a chance for community members to meet the mayor and other township department heads in a relaxed and inviting setting. To learn more about Cherry Hill’s Walk with the Mayor and other campaign programs, click [here](#), or the Cherry Hill Mayors Wellness [website](#).



Mayors Wellness Campaign
Put your community in motion.