

# Workplace Walking Challenge

People spend a third of their day at work, which leads to a lot of time spent sitting down. Promote fitness in your workplace by providing wellness opportunities year-round, such as a workplace walking challenge!

**Provide the Resources** – Obtain pedometers for employees. Plan out walking routes both indoors and outdoors for employees to utilize during their lunch breaks. Measure the distance of each route and provide it to the employees. Encourage the use of the stairs instead of the elevator by posting signs. Hold walking meetings. Make it the norm to get up and walk during breaks.

**Organize teams** – Organize teams of employees to compete for who can get the most steps. Decide how long the competition will run for.

**Spread the Word** – Make sure people know about the challenge. Advertise using e-mail and posters. Encourage participation by all employees.

**Create Incentives** – Provide prizes for the winners of the walking challenge. Hold a healthy food luncheon for all participants at the conclusion of the challenge.

## **Resources** –

[Walktober, an Online Tool for Walking Challenges](#)

[A Workplace Walking Toolkit](#)

[How to Use a Walking Program to Engage Employees](#)

[10000Steps USA Walking Research](#)

## **MWC Success Stories:**

Be the first Workplace Walking Challenge success story!

