



WORKPLACE WALKING CHALLENGE

GET YOUR OFFICE MOVING

- People spend one third of their day at work, which means they spend a lot of time sitting down.
- Prolonged sitting is harmful. Sitting for more than six hours increases the **mortality rate** by 20% for men and 50% for women.
- In your workplace, get people out of their chairs: promote fitness with a workplace walking challenge.

ACTION STEPS

Provide Employees with Resources

- Give out pedometers.
- Plan both indoor and outdoor walking routes that employees can use during lunch breaks. Measure the distance of each route and provide it to them.
- Post signs to encourage using the stairs instead of the elevator.
- Hold a walking meeting.
- Make it the norm to take walking breaks.
- Ask the benefits manager of your employees' health plan how they can support your walking challenge.

Organize Teams

- Organize teams of employees to compete for who can log the most steps.
- Decide how long the competition will last.
- Mayors should lead by example, asking different teams to walk with them during a lunch break.

Spread the Word

- Make sure people know about the challenge by advertising through email and posters.
- Encourage participation from all employees. Consider buying pins or T-shirts so employees can show that they are participating.

FOLLOW THEIR LEAD!

Scotch Plains hosts the Mayors Wellness Medal Challenge. Mayor Smith challenges residents and municipal employees to participate in three of the four 5Ks held in town as either a runner or walker. Participants who complete three out of four 5Ks are recognized at a council meeting and presented with the Mayor's medal. 50 residents and township employees were awarded the Mayor's medal at the conclusion of the challenge. To learn more, click [here](#).

Create Incentives

- Give prizes to the winners of the walking challenge.
- Ask your local athletic store to offer coupons for participants.
- Hold a healthy food luncheon for all participants when the challenge ends.

MORE RESOURCES

Walktober, an Online Tool for Walking Challenges

A Workplace Walking Toolkit

How to Use a Walking Program to Engage Employees

The Case for Corporate Wellness