



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #1: "Mile Long" Walking Path

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 "Healthy Workplace Idea" each month that employers can implement at low or no cost.

Mile Long Walking Route: An easy way for businesses to start creating a healthier workplace is by creating "mile long" walking routes for their employees to use during breaks or 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.

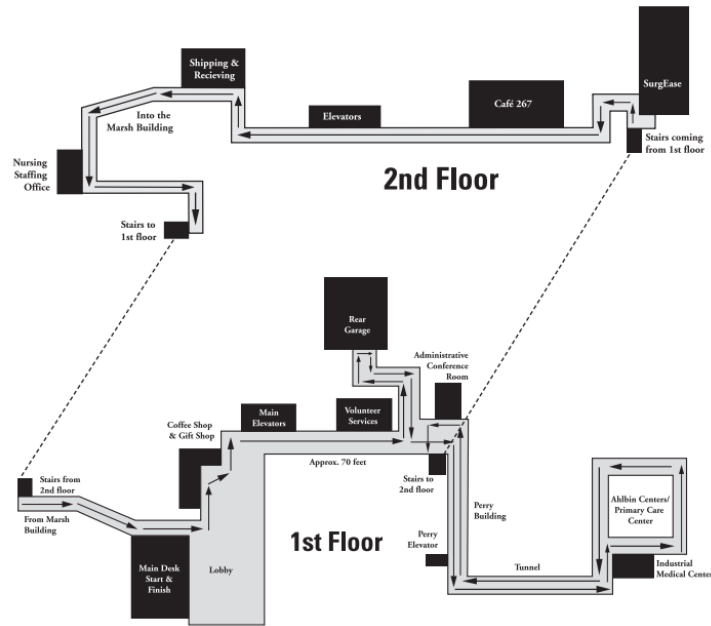
It is easy to do. All you need is an employee willing to wear a pedometer around the building to find a good one mile long route which can be drawn onto an existing map of the facility or to use the "Map My Walk" app or visit www.mapmywalk.com to map out a route in the surrounding neighborhood.

An example of an indoor route at Bridgeport Hospital and an outdoor route from the Town of Stratford is attached.

If you want more information on how to create your own walking route, please e-mail gethealthyct@gmail.com

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

Indoor Walking Route at Bridgeport Hospital:



Outdoor Walking Route at the Municipal Building in Stratford:

Walking Route Maps

Birdseye Municipal Building Walk

Exercise at least 30 minutes a day to increase your health!
 For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Or replace a coffee break with a 10 minute walk, and invite a co-worker!