



Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

Workplace Wellness Idea #21: Promote Walking Meetings

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 provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

In our last Workplace Wellness Idea, we suggested ways you could promote active and healthier workspaces for your employees. In addition to ensuring that employee workspaces promote health, you can increase worksite physical activity by convening a walking meeting. Throughout the typical work week, employees spend a lot of time sitting in meetings. In addition to working stationary at a desk all day, sitting for meetings is yet another missed opportunity to get up and get active. Here are some tips you can use to help you make your next meeting an active one!

Benefits of a Walking Meeting:

- Enhance relationship building and team spirit
- Help people stay fit and active
- Break up the workday
- Different environments will inspire new ideas
- Stimulates oxygen flow in the body and brain
- Increases creativity and problem solving ability
- Facilitates better office communication
- Breaks down “walls” between management and employees
- Meetings outdoors can facilitate happier, more energized and alert employees



Walking Meetings: The Do's

- ✓ DO stick to a small group
- ✓ DO choose a safe route
- ✓ DO accommodate different fitness levels and walking paces
- ✓ DO suggest a walking meeting ahead of time
- ✓ DO suggest that everyone bring a water bottle
- ✓ DO determine the agenda and walking route beforehand
- ✓ DO ask employees to keep a pair of comfortable walking shoes in their car or at their desk
- ✓ DO provide employees with pedometers or download free phone apps to track steps walked
- ✓ DO have fun!

Walking Meetings: The Don'ts

- ✓ DON'T walk near noisy areas which can make it difficult to hear everyone
- ✓ DON'T walk to extra calorie destinations (donut shop, dessert shop, etc.)
- ✓ DON'T surprise your group with a walking meeting
- ✓ DON'T require your employees to walk for a meeting. An alternative is to invite everyone that is interested to walk with you after the meeting has ended

More Helpful Tips for a Healthier Workplace:

Consider convening a worksite committee on physical activity and/or workplace wellness.

Survey employees on what makes conferences, meetings and the office environment more supportive of physical activity and incorporate these ideas into the workplace as appropriate.

Encourage standing during long meetings or ask someone to lead an activity break.

Source: www.CDC.gov

For more information, please visit GetHealthyCT.org

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