How to Start a Walking Club

**Objective:** To engage in more activity for optimal health.

**Time Duration:** This is an ongoing activity.
How To Start a Walking Club

Getting Started:

1. Decide what day(s) and time(s) your Walking Club will meet.
   - Consider signing up for a local 5K to work towards and establish a “training schedule.” Go to [tn.gov/resources](http://tn.gov/resources) and click on Physical Activity for a list of walking and running training programs to get started.

2. Determine walking routes and locations accessible to you. (Use tools like MapMyWalk to create and discover routes or check out Walking Routes from other Wellness Councils.)

3. Promote the Walking Club to employees! (This can be done via email, newsletter, department intranet and/or fliers.)
   - Consider collecting emails of interested employees or including contact info of someone employees can reach out to.

4. Before the first walk, contact all interested participants to share the following:
   - A welcome and/or thank you for participating in the Walking Club.
   - Dates and times of when the group will meet. (Consider sending calendar invites to participants as reminders.)
   - Share and collect a completed Liability Waiver from each employee. Make sure you consult with your legal as we’ve only included a sample waiver. 
     *NOTE: Don’t forget to BCC participants if contacting them via email.*
   - Remind employees to wear appropriate footwear and hydrate.
   - Make an inclement weather plan.
   - Include the ‘Walking Tracking Sheet’ for employees to use if desired.
   - Reach out to your WFHT Regional Wellness Coordinator to assist with a “kick-off” event.

Materials Needed:

- Liability Waivers ([sample waiver only](http://samplewaiveronly.com))
- Walking Tracking Sheet (optional)
- Prizes (optional)

Additional Resources:

- [Free Step Tracking Apps](http://freesteptrackingapps.com)
State of TN Wellness Break Agreement
TN Greenways and Trails
Start or Join a Walking Club

Walking Tracking Sheet

<table>
<thead>
<tr>
<th>Weekly Goal</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>Weekly Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAMPLE</td>
<td>8,028 steps</td>
<td>5,874 steps</td>
<td>4,459 steps</td>
<td>8,721 steps</td>
<td>3,751 steps</td>
<td>30,833 steps</td>
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<tr>
<td></td>
<td>(3.69 miles)</td>
<td>(2.59 miles)</td>
<td>(2.06 miles)</td>
<td>(3.89 miles)</td>
<td>(1.78 miles)</td>
<td>(14.01)</td>
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<td>Week 1</td>
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<td>Week 5</td>
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