



WORKING FOR
A
HEALTHIER TN



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](https://www.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](#))
- Walking Tracking Sheet (optional)
- Prizes (optional)

Additional Resources:

- [Free Step Tracking Apps](#)

- [State of TN Wellness Break Agreement](#)
- [TN Greenways and Trails](#)
- [Start or Join a Walking Club](#)



Walking Tracking Sheet

Name: _____

Month: _____

Weekly Goal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
SAMPLE	<i>8,028 steps (3.69 miles)</i>	<i>5,874 steps (2.59 miles)</i>	<i>4,459 steps (2.06 miles)</i>	<i>8,721 steps (3.89 miles)</i>	<i>3,751 steps (1.78 miles)</i>	<i>30,833 (14.01)</i>
Week 1 _____ _____						
Week 2 _____ _____						
Week 3 _____ _____						
Week 4 _____ _____						
Week 5 _____ _____						