



Team Building Activity

Walking Meeting

Focus Area: Physical Activity

Description: Hosting a Walking (or strolling) Meeting is an activity that allows attendees to gain more movement in their day while also being productive, sparking creativity and alertness, and improving overall well-being.

Category: Pairs or small groups (3-5 people)

Length of Activity: Depends on the length of meeting or walk.

In-person or Virtual: This activity is best conducted in-person but can be done virtually with conference calling.

Materials Needed:

- Conference call-in number (if meeting virtually)
- Meeting agenda

Guidelines:

1. Consider asking permission to “walk and talk” prior to meeting to be mindful of others comfort level and limitations. You might also encourage attendees to wear appropriate [footwear](#).
2. Have a destination or walking route in mind.
3. If walking outdoors, check the weather prior to the meeting and decide what you’ll do in case of inclement weather.
4. Organize everything you need for the meeting beforehand, including sharing the meeting agenda with attendees.

Notes:

These are great days/months to plan a Walking Meeting:

- National Walking Day (first Wednesday in April)
- National Move More Month (April)



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