



WALKING MEETINGS



Keep Emory moving! 52% of the Emory population "sits most of the day."

Think Ahead:

- Be mindful of those who are physically unable to take part.
- Check for inclement weather – find an alternative, such as walking the stairs!
- Come prepared to walk (i.e. comfortable shoes, shades, sunscreen, etc.)
- Keep your group size small.

Before:

- Plan your route in advance.
- Give notice to team members beforehand by including it in the meeting request.
- Distribute agenda to walkers ahead of time.
- Identify someone who can take notes or record the meeting.
- Want to know the distance? Use an activity tracking device like Fitbit, Garmin, etc. or a fitness app like Runkeeper, Map My Walk, etc.

During:

- Enjoy nature and experience something new!
- Walk at a comfortable pace.
- Minimize interruptions.
- Stick with your agenda.

After:

- Review meeting highlights and determine action items.
- Evaluate if this meeting was effective and steps to make your walking meeting better.
- If distance was recorded, share this with members. This may be especially helpful during the Move More Challenge!

Remember: Physical activity increases alertness and helps you feel energized!

Remember these 3 Ps: Plan, Path, & Productivity

- **PLAN** your route, encourage comfortable clothing, bring sunscreen, and identify the best path to walk.
- Pick a **PATH** that will protect you from noise, distractions, and provides a safe route.
- Remember that this new type of meeting will help improve **PRODUCTIVITY**, but it is still a meeting. Set an agenda, identify a way to record the meeting, and keep on track to make this meeting beneficial.

Get Active. It Works.

