



Meet On Your Feet: Schedule Walking Meetings

For a truly active lifestyle, move more and sit less... all day, every day. One fun way to add physical activity to your workday is to take physically active meetings to the next level and make your meeting a workout -- make it a walking meeting.

"Our brains and our bodies thrive on exercise," said Kristina Lewis, MD, MPH, SM, Assistant Investigator at the Kaiser Permanente Center for Health Research, Southeast. "Walking meetings can help us make the most out of our workdays, and be healthier for it."

With a little planning, and a good pair of walking shoes, you can schedule walking meetings that will leave you feeling productive and refreshed.

Walking Meetings

- For one-on-one meetings, designate a walking route and commence with the walking and talking.
- Walking team meetings can be a fun and productive alternative to regular staff meetings. To coordinate a large team walking meeting:
 - Reserve a conference space in a nearby building and plan for discussions to occur while walking to and from the meeting.
 - Use the walking meeting option as a break-out session for small groups to discuss a suggested meeting topic.

Walking Meeting Prep Tips

- Determine the route the team will take (e.g., around the perimeter of the building, to a nearby landmark, from one end of the facility to the other).
- Create a sign to wear while walking that says "Meeting in Progress." That way if anyone recognizes you or anyone in your group, they'll see the sign and be respectful of the participants and the meeting.
- Plan and share the walking route with meeting participants prior to the meeting.
- Set "planned stops" with a larger group or pairs to stop to discuss a topic.
- Designate a walking leader to lead the route.
- Make sure every participant is paired with at least one other person.
- Bring a watch and determine a start and end time.
- Be mindful of the surroundings if/when discussing confidential information.

Minute by Minute, Walk More

"Be as active as you can throughout the day to ensure that you meet your goal of walking 30 minutes a day, five days a week," said Kathryn Harrison, Manager of Health Promotion. She suggests these tips to rack up the minutes and increase your Total Health:

Track your minutes. Whether you write them down or use an app, monitoring your minutes of walking is a great way to track your activity.

Set a reasonable goal. Aim for 30 minutes a day, five days a week. If you're not quite there yet, start where you are and build from there. Remember, small changes add up.

Look for opportunities to accumulate minutes. Take the stairs. Park farther away. Do a lap around the grocery store before shopping. Schedule walking meetings.