WOW WALKING ON WEDNESDAYS

What is Walking on Wednesdays?

A program designed to promote walking at the worksite and improve overall health and well being. Employees will be encouraged to make an extra effort on Wednesday's to walk. This may include having a one on one meeting with your colleague/supervisor, a 10 minute staff pick me up walk, walking during your break/lunch/dinner period, using the stairs instead of the elevator, parking your car further away from the entrance, etc.

Why walk?

Studies show there are many benefits to be gained from walking. These can include more energy, deeper and more satisfying sleep, stronger leg muscles, less knee pounding than running, lower body fat, higher metabolic rate, and reduced stress. Daily physical exercise may also reduce your lifelong risks for heart disease, cancer, stroke, and high blood pressure, and may even slow the aging process. According to the 1996 U.S. Surgeon General's Report on Physical Activity and Health, people of all ages who are generally inactive can improve their health and well-being by becoming even moderately active on a regular basis.

Walking on Wednesdays may be a start to help get you moving.

Who is eligible?

(Name of group/organization)

What do I need to do?

1. Complete the attached registration form and commit to walking on Wednesdays.
2. Submit this form to name of contact person.
3. Post the pledge form at your desk to let others know you are committed to walking on Wednesdays. This will enable you to see who might be interested in joining you on a walk on Wednesday's or other days.
4. Track your steps and make an effort to increase your steps each week.
   (On average, 2000 steps = 1 mile).

Significant health benefits can come from just 30 minutes of brisk walking on most days. Walking Wednesday's may be a start to help you realize the benefits of walking.

Wellness is For You