



Explore your options: Walking

This resource guide is designed to guide you through exploring, promoting and implementing a walking program at your worksite.

Smart Commute Tool

Promote our online tool to help staff plan a walking route to work. It can provide staff with an ideal route plan based on their A to B. In addition, the tool will identify distance, trip time and even calories burned. Give it a try at www.Explore.SmartCommute.ca.

Promote the Stats

Ensure staff know the benefits of walking. Build communications that highlight walking as an excellent way to improve heart health, burn calories and improve overall fitness. On average, we spend 9.3 hours per day sitting down: don't let your commute add to that. Challenge staff to take the recommended 10,000 steps per day.

Host a Workplace Commuter Challenge

Encourage staff to register or log in to www.Explore.SmartCommute.ca. Contact your local Smart Commute office to find out how to get your workplace a network on our tool. Encourage staff to track their trips for a specific time period. Corporate challenges are a great way to boost company morale.

Tip: Try providing incentives to encourage participation or host an end of challenge breakfast or lunch for participants!

There's An App for That

Showcase some of the fitness apps that are available for smartphones which can help staff track their distance, calories, etc. Some examples include the FitBit app and Strava. Take it a step further and implement a walking challenge. Provide staff with a fitness gadget, such as a FitBit or pedometer.

Trip Preparation

One to three kilometres is an ideal commute walking distance. Encourage employees to check out what's around them (e.g. trails, amenities), plan a route and challenge themselves to walk instead of drive. Have them test it out on a weekend so they're ready to go when Monday rolls around. They can log their walking trips at: www.Explore.SmartCommute.ca.

Relaxed Dress Code

Allow for some flexibility where possible within the workplace. Promote the importance of comfortable attire. Comfortable footwear, light layers of clothing, hydration and sun protection in the warmer months are key factors for an enjoyable walk to work.

Walking Workshop

Host a walking workshop over lunch to get other employees excited about walking options. Topics could include health benefits, nearby places to walk, walking gear, technology, and how staff can start a walking group! Check out www.CanadaWalks.ca for more information.

Emergency Ride Home Program

Provide staff who commute sustainably to work with a safety net. If staff have an unforeseen emergency on any day they use a sustainable method to commute to work, consider reimbursing the cost of a cab ride home.

DID YOU KNOW?

Sitting has become the new smoking! Our lack of physical activity directly contributes to the increased likelihood of heart diseases, type 2 diabetes, and increases our risk of certain cancers.



Explore your options

CONTACT YOUR LOCAL SMART COMMUTE OFFICE TO LEARN MORE.
WWW.SMARTCOMMUTE.CA/FIND-YOUR-LOCAL-OFFICE/