

# Baystate Healthy Walking Clubs

*You owe it to yourself to take a break, connect with others and re-energize your body and mind!*

**To JOIN an existing club:** Choose a club from the list below and call or email the Leader to sign up.

**To CREATE a club:** Choose your walk days, start/end time, and meeting location. See the following page for details.

Location	Day(s)	Time	Leader(s)	Phone	Meet Location
<b>3500 Main St., Springfield</b>	M-F	12-12:30pm	Lourdes Soto	4-2923	Front Parking Lot Sidewalk
<b>376 Birnie Ave., Springfield</b>	T, TH	12:30-1pm	Elisabeth DePergola & Terri Hall	4-4459	Picnic tables next to D'Amour Center
<b>Brightwood Health Center</b>	M-F	12-12:30pm	Blanca Colon	4-8262	By the Krono's Machine
<b>Chestnut Surgery Center</b>	M-F	5-5:15pm	Kathleen Frodema & Mary Okseniak	4-1940	Pre-Admission Evaluation Chestnut Ground Floor
<b>Mason Square Health Center</b>	M-F	11:30am-12pm	Bethzaida Marrero	4-9188	Employee Back Door
<b>Baystate Wing Hospital</b>	M-W	1-1:10pm	Kelly Broderick	413-370-7016	Wing Human Resources Office
<b>BMC Mass Mutual</b>	T, TH	12:05-12:20pm	Miriam Allam	4-6203	Daly Entrance
<i>Your Club To Be Listed Here</i>					
<i>Your Club To Be Listed Here</i>					
<i>Your Club To Be Listed Here</i>					
<i>Your Club To Be Listed Here</i>					
<i>Your Club To Be Listed Here</i>					
<i>Your Club To Be Listed Here</i>					
<i>Your Club To Be Listed Here</i>					
<i>Your Club To Be Listed Here</i>					
<i>Your Club To Be Listed Here</i>					

# Baystate Healthy Walking Clubs

*You owe it to yourself to take a break, connect with others and re-energize your body and mind!*

## Option 1: JOIN a Walking Club

**Step 1:** Email or call the leader of the club or your choice.

**Step 2:** Mark your calendar to walk regularly with your club and participate as your schedule permits.

**Step 3:** Have fun and feel the difference good health can bring!



*A short walk can do wonders - physically and mentally.*

## Option 2: CREATE a Walking Club

**Step 1:** Choose your walk days, start/end time, and meeting location. Most clubs walk 15-30 minutes. Make sure that you are prompt and ready to start at the scheduled time. We suggest sharing the role with a colleague, or have a substitute leader identified if you cannot make the walk that day. [To create your club, complete the online registration form.](#)

**Step 2:** The club's information will be posted on eWorkplace and open to all employees to join. Employees will email or call you directly to let you know their intention to walk with your group. Please create an email distribution list of your members so that you can notify members in the event that there is a change to the schedule, etc.

### **Please Keep in Mind:**

- Walking clubs are open to all employees.
- Get to know your members and encourage them along the way. Group support and being accountable to someone can make all the difference when trying to create or maintain a healthy habit—it can do wonders for members and leaders both!
- There are some walking routes and maps available on [eWorkplace>Baystate Healthy>Fitness](#)
- Remind club members of the safety tips.

## Safety Tips

- Wear appropriate athletic shoes. Sandals, heels or work shoes are not appropriate and do not provide adequate support.
- The use of weights while walking is **discouraged** as research indicates that this can throw the body out of alignment and cause injury. Walking is a cardiovascular exercise and adding weight actually detracts from getting the full cardiovascular benefits.
- Due to differences in individual walk speeds, you may not all arrive at the crosswalk at the same time. Please pay attention to curbing, traffic laws and walk with awareness.
- Exercise will lower blood sugar. If you diabetic eat a light snack prior to the walk.
- Bring a cell phone in the event of an emergency.