

Baystate Healthy Walking Clubs are open to all employees and are designed to build camaraderie while promoting healthy behaviors.

How to be a Walking Club Leader

1. As the leader, you select the days, time of day and length of time that your group will walk. Most clubs walk between 20-40 minutes each session. Make sure that you are prompt and ready to start at the scheduled time **or** have a substitute leader (or the co-leader) there if you can not make the walk that day.
2. The club walk days and times will be posted on eWorkplace and open for any employee to join.
3. Employees will contact you directly to sign up with your walking group.

Please Keep in Mind:

1. As a Club Leader please get to know your members and encourage them along the way. Group support and being accountable to someone can make all the difference when someone is trying to create or maintain a healthy habit.
2. The walking clubs are open to all employees.

Walking with your Club:

1. Welcome your group and let them know the route that you are going to take.
2. Ensure that walkers are wearing appropriate athletic shoes. Sandals, heels or work shoes are not appropriate.
3. Due to differences in individual walk speeds, you will not all arrive at the crosswalk at same time. Remind walkers to obey all traffic laws and walk with awareness.
4. The use of weights while walking is discouraged as research indicates that this can throw the body out of alignment and cause injury. Furthermore, walking is a cardiovascular exercise and adding weight actually detracts from getting the full cardiovascular benefits and is not enough weight to have any positive impact on muscle development.
5. Exercise will lower blood sugar. Encourage any diabetic to eat a light snack prior to the walk and remind them to carry something in the case of an emergency.
6. Bring a cell phone in the event of an emergency.

Thank you for being a leader! Your support of your colleagues and Baystate Healthy is truly appreciated. Baystate Healthy has year round walking clubs and your ongoing participation is welcomed and encouraged.