Baystate Healthy

Walking Club Participant Guide

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

Step 1: Register with a Baystate Healthy Walking Club leader. The list of current clubs can be accessed on eWorkplace/Baystate Healthy/Manage My Health/Fitness.

Step 2: Walk with your club each week, have fun, and feel the difference good health can bring!

Safety Tips

1. Keep a pair of appropriate walking shoes or athletic shoes at the office to wear during your walks. Sandals, heels or work shoes do not provide adequate support and are not appropriate and often result in injury.
2. 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 nor is the amount of weight enough to have any positive impact on muscle development.
3. Due to differences in individual walk speeds, you will not all arrive at the crosswalk at same time. Please pay attention to curbing, traffic laws and walk with awareness.
4. Bring a cell phone in the event of an emergency.
5. Exercise will lower blood sugar. If you are a diabetic you are encouraged to eat a light snack prior to the walk or bring something with you in the case of an emergency.