

Walk with Ease

a program for better living



Best Practices

Walk with Ease (WWE) is a worksite wellness program created to promote both current and new physical activity habits within businesses. For the best impact on increasing physical activity, specific resources are provided for all aspects of the program. We encourage the reiteration that **anyone** can participate in Walk with Ease if already active or not. Follow these 'Best Practices' to provide optimal results in your worksite.

- **Encourage Enrollment**

- Hang flyers around office/high traffic locations
- Attach weekly newsletters in emails to company
- Encourage participation and support from all levels of the organization/company

- **Consider Supplemental Incentives**

- Incorporate a small gift or incentive to those completing the program
- Create raffle for program progress
- Participate in weekly goal setting

- **Promote Visibility and Involvement**

- Frequent reminders for tracking step minutes
- Allows employees to walk around during their work day ("Walk Break")
- Brainstorm ideas of areas employees can walk around company

- **Link to Broader Programming**

- Form walking groups to encourage accountability
- Follow Wellness Works on social media (Twitter, Instagram, Facebook)
- Identify how habits formed in WWE can be beneficial long term

- **Celebrate Success**

- Share progress during and after program ("Walker of the Week")
- Include links to other wellness programming
- Provide words of encouragement throughout the program

- **Encourage Utilizing a Tracking System**

- Track your time using a Smartphone Timer
- Utilize a mobile application tracker - Ex: MapMyWalk GPS
- Use a stopwatch or smartwatch walking tracker



We are available to help as you 'Walk with Ease' to increase your worksite wellness.

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