



Start a walking group

Walking is hands down one of the best forms of exercise. Walking with a group is a great strategy to keep you motivated. And what better way to get involved in a walking group than to start one yourself!

- 1. Identify target members.** Do you want to invite the general public, only close friends, or people in your neighborhood? Know who you want to join.
- 2. Choose a time.** Based on who you plan to invite, pick a regular time slot and schedule about 60-75 minutes.
- 3. Plan a route (and a backup).** A good walking route is free, safe, well-maintained, and near your home or work. Also, select a backup indoor location, such as a mall or walking track, for when the weather is poor.
- 4. Spread the word.** Reach out to your target members with flyers, social media, phone calls, or emails. Aim for between 5 and 15 members.