

**PARTNERS  
FOR A HEALTHY CITY**

# **Walk It Guide**





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# INTRODUCTION

## About Partners for a Healthy City

Under the Partners for a Healthy City initiative, WELLCOM and the Douglas County Health Department have been working with more than 400 businesses, faith communities, and other organizations to create physical and cultural environments that support healthy, active lives in Omaha. This Action Guide is designed specifically around helping workplaces ensure they are providing an environment that is conducive to the most common form of physical activity – walking.

## Why Focus on Walking?

Across the nation, much of the focus on physical activity has revolved around the idea of exercise. While the amount Americans exercise during their leisure time has stayed stable and even increased slightly in recent decades, other ways of building physical activity into daily life – such as part of work or as a form of transportation – have greatly declined in America (Brownson, 2005).

Walking is the simplest way for people of all fitness levels to build physical activity back into their lives. Research has shown that even 10 minutes at a time – for example, to run an errand or take a quick break – is enough to have significant health benefits (U.S. Department of Health & Human Services, 2008). Plus, since walking requires no special training, scheduled classes, or equipment (besides comfortable shoes), walking is also convenient and affordable.

Did you know that only 15% of Americans belong to a gym or fitness center and only a third of that 15% use the gym on a weekly basis (Pauer, 2015)? Walking has the potential to reach far more people, and it has the lowest dropout rate out of any other physical activity.

While most people know that obtaining 30 minutes of moderate physical activity a day helps prevent chronic diseases (including heart disease, diabetes, obesity, and osteoporosis), there are also many immediate benefits to walking that directly relate to workplace satisfaction and performance (Centers for Disease Control and Prevention, 2012; Berkowitz, 2014).

Blood flow increases to the brain which improves concentration, memory, and decision-making.

Sugar and fat metabolism is better regulated which helps increase energy levels.

Stress is reduced through the release of endorphins that relieve pain and improve mood.

## Who Can Use the Walk It Guide?

For more than 30 years, Omaha has been a national leader in workplace wellness. Omaha companies understand the health of their employees is closely connected to their productivity and healthcare costs, but they also realize this is more than a financial issue – prioritizing wellness is part of creating a great place to work.

The purpose of this guide is to help organizations with the tools and support needed to build physical activity back into the lives of their employees through walking. The strategies included were chosen to be geared toward organizations of all sizes including large and small businesses, non-profits, faith-based and community organizations.



## Implementation Strategies

### Strategy 1: Walk It Assessment

A [Walk It Assessment](#) is simply going for a walk in and near the worksite to determine which options for increasing walking would be most successful. While it may already be apparent that some strategies will be a better fit than others for the organization, a Walk It is a great way to literally see the on-the-ground reality for employees while also involving a larger group of stakeholders.

As background, there are numerous ways in which walking can be built into people's lives but they primarily fall into these categories:

**Walking to destinations** (e.g. living close enough to walk to work, walking to and from a bus stop, running an errand over lunch or a break on foot)

**Walking for recreation** (e.g. holding a walking meeting, taking a short walking break, walking over lunch, walking groups and social support)

**Taking the stairs**

**Parking farther away**

### How to Conduct a Walk It Assessment of the Workplace

Before holding a Walk It, two preparation steps are necessary. First, determine who should participate in the Walk It. An ideal group size would be 6-12 people, and it works best to have a mix of perspectives such as both wellness committee members and facilities personnel.

The second step is to decide on a route for the Walk It. The route can take place both inside and outside the worksite, and can take anywhere from 30 to 90 minutes depending on the time available. Holding a Walk It as an hour-long Lunch N Learn is often a reasonable option. The leader for the Walk It should walk the route beforehand to identify features to point out and to determine safe places to have the group stop for discussions.

The following items are the four components of a Walk It, adapted from national walkability expert, Mark Fenton:

- 1. Brief Introductions:** Allow people to connect and also to share what they hope to get out of the Walk It.
- 2. Education:** Review the Walk It Assessment Tool with everyone so they have some exposure to factors that support or inhibit walking.
- 3. The Walk:** Go along the planned route, making sure to stop several times to allow people to discuss their experience. Ask everyone to rate how walkable the environment is on a scale of 1 to 10 (10 is best, 1 is worst). Then ask them to explain why they rated it at the number they did. No right or wrong answers – just observations and open sharing.
- 4. Assessment & Debrief:** Have participants fill out the Walk It Assessment form, or if time is short, have them look it over again. Then, have them break into groups of 2-3 and briefly share with each other what they learned from the experience. After quick report-outs from each group, hold a discussion about: 1) what environmental or cultural approaches they would want to see implemented at this worksite for supporting walking and 2) what next steps need to happen to get started.

### Resources

Mark Fenton: *How to Conduct a Walk Audit* – [youtube.com/watch?v=l-XnWtqz9Oc](https://www.youtube.com/watch?v=l-XnWtqz9Oc)

*Walk It Assessment Tool* – [Appendix A](#)



## Strategy 2: Walking Meetings

Walking meetings are one-on-one or small group discussions that are done while walking instead of sitting around a conference table. Not only do they allow people to build in physical activity, the act of walking helps people be more energized and creative because of improved blood flow to the brain. The act of walking side-by-side with someone also helps to improve communication dynamics because people are focused on the issue ahead of them while they are literally moving in the same direction.

*“Walking is the new golf course, particularly for women. It’s where business is getting done.”*

Mary Ellen Player  
Senior Program Manager, Google

### How to Implement Walking Meetings

#### *Types of Meetings*

One-on-ones works best. Larger meetings can be done if people can break off into groups of 2-3.

Meetings that are focused on brainstorming, building a relationship or shared purpose, or solving a particularly challenging problem are ideal for a walking meeting. Project management and other meetings that involve a strong focus on details or note-taking don’t work as well when walking.

Meetings under 60 minutes are best because that is about how long people can hold a conversation.

#### *Attire*

Comfortable walking shoes are important, so it is a good idea to let people know ahead of time so they have a pair available. Since the focus of a walking meeting isn’t on breaking a sweat, business clothing can still be worn.

#### *Location*

Outdoor routes that have been planned in advance usually work best, but indoor walking meetings can be done too. The key is finding a route where noise and other distractions won’t be a problem. Also, a meeting can start as a 20-30-minute walk but still end up in a coffee shop or other meeting space.

#### *Other Options*

If a full walking meeting isn’t doable, walk together to the conference room or coffee shop and use the time to set the agenda.

Walk to have a conversation with a colleague instead of sending an email as a way to break up the day and get blood flowing.

Instead of sitting on the phone or at the computer for a conference call or webinar, listen in while building in a walk.

Check out [Walk with a Doc](#), a program where patients take a walking meeting with a physician.

### Resources

[TED Talk: Got a Meeting? Take a Walk.](#)

[americawalks.org/establish-walking-meetings-at-work](http://americawalks.org/establish-walking-meetings-at-work)

[forbes.com/sites/dailymuse/2013/04/04/how-taking-more-meetings-could-save-your-life](http://forbes.com/sites/dailymuse/2013/04/04/how-taking-more-meetings-could-save-your-life)

## Strategy 3: Destination Directory

Destination directories can be found in any mall in America, but Omaha created a unique version called the Walking Concierge. While downtown Omaha had long had numerous restaurants and bars that catered to employees, an influx of redeveloped properties and additional residents had brought a number of new amenities to the area. The Walking Concierge identified which of these amenities could help people accomplish an errand through a walking trip and then pulled that information together into a directory and map that was shared with businesses downtown.

This same approach of developing a destination directory can work well in other places in which there are a significant number of amenities within walking distance from the worksite.

### How to Create a Destination Directory

- 1. Identify activities and errands** that employees could accomplish nearby – especially over lunch or a break. Examples include buying groceries, checking out a book from the library, seeing a doctor, dentist or optometrist, filling a prescription, buying stamps or a gift, getting clothes dry cleaned, going out to lunch, etc.
- 2. Identify all the organizations and businesses** in the area that provide these services within a walkable distance (20 minutes or about 0.5 mile) and then compile location and contact information.
- 3. Organize the collected information into a directory** with each business listed under the particular services that they provide. If possible, create a map that shows the location of each organization. Share the directory and/or map with employees either through print versions or electronically so people are aware of these destinations within walking distance.

### Resources

*Walking Concierge Folding Card & Poster* – [See Appendix B](#)

*Walking Concierge Story Map* -- [dogis.org/WalkingConcierge](http://dogis.org/WalkingConcierge)

**Walking Concierge**  
A guide to walking your errands downtown.

**Pick up Groceries**  
**Cubby's Old Market**  
601 S. 13th St. • 402-341-2900

**Patrick's Grocery**  
1416 Howard St. • 402-884-1600

**Borrow a Book**  
**W. Dale Clark Library**  
215 S. 15th St. • 402-444-4800

**See a Medical Professional**  
**Allegent Creighton Clinic**  
1319 Leavenworth St. • 402-280-2010

**Allegent Creighton Clinic**  
City County Building  
1819 Farnam, Suite 709 • 402-717-0710

**The Health Clinic at Union Pacific**  
1400 Douglas St. • 402-544-5011  
*Note: the Allegent Creighton Clinic in the Barker Building (listed under Pharmacy) also sees patients.*

**Visit a Dentist**  
**City View Dental**  
1415 Harney St. • 402-341-7576

**Old Market Dental**  
1105 Howard St. • 402-505-4424

**Fill a Prescription**  
**Allegent Creighton Clinic**  
Barker Building  
310 S 15th St • 402-717-2780

**Depot Drug**  
Union Pacific Building  
1400 Douglas St. • 402-544-3740

**Get New Contacts or Glasses**  
**Commercial Optical**  
513 S. 13th St. • 402-344-0219

**Buy Stamps** *Note: Patrick's (listed under Groceries) also sells stamps*  
**U.S. Post Office**  
1617 Farnam St. • 402-346-0269

**Grab a Gift or Greeting Card**  
**City Limits**  
1114 Howard St. • 402-345-3570

**Old Market Sundries**  
1003 Howard St. • 402-345-8198

**Omaha World-Herald Kiosk**  
Omaha World-Herald Building  
1314 Douglas St. • 402-444-2444

**Summit Hallmark**  
First Nat'l Bank Tower  
1601 Dodge St., Suite 100 • 402-341-5555

**Union Pacific Gift Shop**  
Union Pacific Building, 1400 Douglas St. • 402-544-5041

**Get Copies Made**  
**CopyCat**  
1501 Howard St. • 402-341-0720

**Have Your Shoes Repaired**  
**H & M Steppers**  
First Nat'l Bank Building  
1620 Dodge St., 1st Floor • 402-813-9921

**Have Your Clothes Dry Cleaned or Tailored**  
**SY Cleaners**  
1605 Farnam St. • 402-505-9549  
*Summit Hallmark (listed under Gifts and Greeting Cards) also offers dry-cleaning.*

**Get Your Car Washed or Detailed**  
**Eagle One Downtown**  
First Nat'l Bank Tower  
1601 Dodge St., Suite 101 • 402-714-1487

**Visit a Salon or Barber**  
**Curb Appeal**  
518 S. 10th St. • 402-345-0404

**Downtown Metro Hairstyling**  
1515 Farnam St. • 402-346-3494

**Hair Market**  
413 S. 11th St. • 402-345-3692

**Hair Is Salon**  
Woodmen Tower  
1700 Farnam St., 5th Floor • 402-933-0339

**Harley's Barber Shop & Salon**  
First Nat'l Bank Building  
1620 Dodge St., 1st Floor • 402-346-9867

**Sirens at the Loft**  
1105 Howard St. • 402-933-9333

**Urbane Salon & Day Spa**  
1007 Farnam St. • 402-934-2909

Learn more at [guides.omahalibrary.org/walk](http://guides.omahalibrary.org/walk) or contact **Andy** at 402-444-7225

## Strategy 4: Walking Maps

Figuring out a safe and convenient route to walk and then mapping it out is a great way to make it easier for people to take a walk – whether for a break or as part of a walking meeting. Signage displaying the map is also an easy way to prompt people about building walking into their day.

### How to Create Walking Maps

Once your organization or wellness committee decides to create a walking map, you will need to start planning your routes. There are two basic ways to map out a route – by distance or by time. To measure distance, you'll need access to a measurement wheel, Google Maps or use a mobile app like Map My Walk. For time, you can use a stop watch to provide approximate times for each route, keeping in mind that not everyone walks at the same pace.

While most people prefer to walk outside if possible, consider making an indoor map too if the layout of your building allows it so people have a route to use during inclement weather. Indoor walking maps can include stairs, if needed.

Plan on creating three different routes - short (0.5 miles or 10 minutes), medium (1 mile or 20 minutes) and long (2-3 miles or 30-60 minutes). By providing three different routes, your employees will have the option to take a quick walk break or get in a longer walk during their lunch hour or before/after work.

Once you have your routes identified using your measurement tool of choice, you can print off the maps and display them. If you have access to a graphic design team, it would be a good idea to recruit them to assist with the process. They can condense the routes on to one map and make them more user friendly.

Routes can also be marked by putting signage with the map at the starting point for the route. If permissible, you could stripe traffic paint along the route every 20 feet, or when the route changes directions.

### Resources

[Sample Walking Maps](#)  
– See Appendix C

[Google Maps](#)

or [Google Maps Pedometer](#)

[American Heart Association Walking Path How-To Guide](#)





## Strategy 5: Promoting Stair Use

One of the simplest ways to build more physical activity in people's lives is to prompt them to take the stairs instead of the elevator.

### How to Promote Stair Use

An inactive lifestyle can lead to obesity, diabetes, and even depression. Taking the stairs is a great way to be more physically active. In today's society, we are often presented with the option of taking the stairs, escalator or elevator. By choosing to take the stairs we can add a little more physical activity into our day. It is important to create "friendly stairwells" to ensure that they are safe and inviting. If your building has a stairwell, why not use it?

### How can you create friendly stairwells?

#### Safety

Make sure there are proper hand rails and lighting.

#### Appearance

Walls should be painted in bright colors.

Hang artwork, if permitted.

#### Promotion

Use clever prompts and signage to encourage people to take the stairs.

Display stair posters

### Resources

[partnersforahealthycity.org/phc/policy-center/organization/improve-stairs](http://partnersforahealthycity.org/phc/policy-center/organization/improve-stairs)





## Strategy 6: Sole-mates (Walking Groups & Social Support)

One of the best benefits of walking is how easy it is to turn it into a social activity. Plus, the extra support is one of the reasons people have more success in continuing to walk.

### How to Create Sole-mates (Walking Groups & Social Support)

#### *Find a champion*

Whether it's someone on your wellness committee, or someone passionate about physical activity, it is a good idea to have a leader.

#### *Promotion*

Hang up posters, send out emails/newsletters or post something on your organization's intranet. Word of mouth is a great way to build engagement. It would be a good idea to include some information about what your goals are for this walking group and how short or long the walks might be so people can have an idea of what to expect.

#### *Creating Structure for the Walking Group*

Set a date, time and location for the walks. Use your walking maps if you have them! If not, now is the time to create them.

#### *Things to consider:*

- Will you meet on the same day, at the same time every week? Everyone interested may not have the same flexibility. Consider different options such as walking before or after work, at lunch or on breaks.
- Creating a group name.
- Will members notify the group when they cannot attend?
- Identify under what conditions the group will not walk (ice on the sidewalks or extreme temperatures).
- Challenge the group and prevent boredom, by using different routes.

#### *Expectations for Walking Leaders*

- Welcome new members.
- Ensure that walkers are aware of the structure of the walking group, such as dates, times and locations.
- Carry a simple first aid kit and a cell phone.
- Help with the promotion of the walking group to attract new members and to maintain the interest in the group.
- Check in with members of the group over time to assess needs. This will help keep it fun and inviting for everyone.
- Organize regular meetings to help motivate the group members. You could invite different speakers to talk about wellness topics, share walking related articles, tools or events, sign up for community walks as a team, and share success stories. Ask your wellness committee to promote these success stories to the entire organization to help recruit more people.
- Encourage your members to use a phone app that will help them keep track of their steps, distance traveled, or time spent walking. Tell them to keep track of their progress to increase motivation.
- Recognize members that have improved their health, lost weight or increased their number of steps taken per day.

#### **Resources:**

[American Heart Association: How to Start a Walking Club](#)  
[Establishing a Community-Based Walking Group Program](#)

## Strategy 7: Healthy Parking

Walking doesn't have to be built into a schedule. Adding a few steps (and the associated stress relief) could be as simple as parking farther away.

### How to Implement Healthy Parking

An organization can build healthy parking into their wellness program by identifying the parking spots farthest from the building and then putting up a Healthy Parking sign similar to a handicap sign or an "employee of the month sign." In addition to signs, painting the parking spot is also an option. There could also be recognition for parking in farther spots, such as earning points toward an incentive program. Get creative and make it fun!

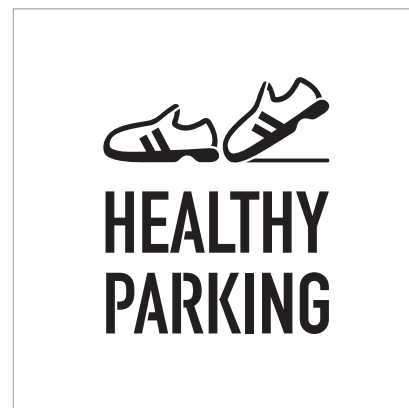
### Resources:

[startribune.com/blue-cross-fighting-obesity-is-just-a-walk-in-the-parking-lot/165371636/](http://startribune.com/blue-cross-fighting-obesity-is-just-a-walk-in-the-parking-lot/165371636/)

*Healthy Parking Sign and Stencil*



*Parking Sign*



*Stencil*

## Strategy 8: Sit for 60, Move 3

Your employee's longevity could be at risk with the ease of the modern workday. Research shows that individuals who sit for more than an hour at a time could develop serious health implications. In fact, studies show that a regular fitness routine does not counteract the effects of prolonged sitting, emphasizing the importance for every individual to engage in physical movement throughout the day. Organizations can play a significant role in supporting this healthy behavior by implementing a "Sit for 60, Move 3" policy and/or program.

### How to Implement "Sit for 60, Move 3"

Create a policy

#### Examples:

It is suggested and encouraged that meetings lasting more than 60 minutes include a physical activity break of 3 minutes.

Employees are allowed and encouraged to take up to a 3-minute physical activity break during every hour of sitting. Whether it is at their desk or in a meeting, we encourage everyone to get up and move throughout the day.

#### Promotion

Designate someone at the beginning of every meeting to keep track of time and announce the physical activity break.

Include "3-minute Activity Break" as an item on the meeting's agenda.

Provide online resources or mobile apps as a reminder tool for your employees.

### Example Resources

#### Computer

- [www.workrave.org](http://www.workrave.org)
- [www.dejal.com/timeout](http://www.dejal.com/timeout)
- [www.fitbolt.com](http://www.fitbolt.com)
- [iamfutureproof.com/tools/awareness/](http://iamfutureproof.com/tools/awareness/)

#### Phone or Table

- Move – Daily activity to stay healthy (FREE)
- Stand Up! The Work Break Timer (FREE)
- StandApp (99¢)
- TakeBreak (\$1.99)

**When you announce the new policy or program provide examples of "Move for 3" physical activity breaks:**

- Use the restroom on a different floor
- Use a small water bottle so you get up to refill it frequently
- Stand at your desk when you're talking on the phone
- Bring your personal mail to work and walk to drop it off in the outgoing mail
- Take a quick lap around the building with a colleague
- Walk up and down the stairs a couple times (See Strategy 5 to implement friendly stairwells)
- Use the printer farthest away
- Printer fewer items at once allowing for multiple trips to the copier/printer
- Get up and go talk to a coworker about a work matter instead of calling or emailing them





## Communication Materials

### Talking Points for Senior Level Support

#### *Return on Investment for Walking Initiatives*

There is evidence to show that investing in the health of your employees by promoting walking will provide a strong return on investments. For example, David Pauer, Director of Wellness for the Employee Health Plan of Cleveland Clinic, estimates that the Cleveland Clinic Health Plan has saved \$80 million in unnecessary health care costs by spending \$1 million on promoting walking in combination with creating a smokefree campus and installing healthy vending machines (Pauer, 2015).

#### *Productivity Benefits of Walking*

While walking helps prevent a host of chronic diseases and the increased health costs associated with them, it also has immediate benefits related to productivity and work satisfaction.

- Walking increases blood flow to the brain which improves various executive functions such as concentration, memory, and decision-making. Researchers at Stanford University found that creative output is increased by 60% when walking compared to sitting (Oppezzo, 2014).
- Sugar and fat metabolism is better regulated during walking which helps increase energy levels.
- Walking helps regulate the levels of stress hormones such as cortisol which can weaken the immune system. Stress is also reduced by walking through the release of endorphins that relieve pain and improve mood.

#### *Hard to Reach Individuals*

- Walking is the easiest and safest form of physical activity for people who already have a chronic condition or who are typically sedentary.
- Walking also has the lowest dropout rate of the various forms of physical activity – partly because it requires no special equipment or designated class times.

### Success Stories

[University of Nebraska at Omaha Employees Step Out for Twice-Weekly Walks](#)

[Lunchtime Walkers Rock the Qwest Center Arena](#)

[Cleveland Clinic](#)



## Sample Communication Templates

### Walking Maps

{Organization Name} is committed to providing physical activity options for the people of our organization. We are excited to announce our new walking maps! Whether you need a quick reenergizing break or a nice long walk over your lunch break, this map is for you. Check out the NEW walking maps today! {Insert where they can find the maps}

{Organization Name} is helping our employees increase the number of steps they take each day! We encourage you to get up and move throughout the day. If you need a quick break to reenergize, or if you want to get some physical activity in during your lunch break, check out our new walking maps for a safe, easily accessible route.

Are you struggling with the mid-afternoon energy crash? Skip the coffee, stop what you are doing, and get up and move! Come check out our new walking maps for a quick reenergizing 15 minute break! A quick walk will help reduce stress and increase your energy levels.

You've been sitting at your desk all day. It's time to get up and move! Come check out our new walking maps and get some steps in! A quick walk will help increase energy levels and improve your focus to get you through the rest of your day.

### Healthy Parking

{Organization Name} is taking steps in the right direction to create a healthy environment for our employees. We want to make sure you are taking your steps too! Check out our new Healthy Parking initiative today! We have identified the parking spot located farthest from the building and we challenge you to make it your new spot. (Maybe include an image of the new parking sign so they know what to look for).

Someone beat you to the new Healthy Parking spot? No worries, there's always tomorrow!

The difference between the closest parking space and the Healthy Parking Space is (insert number of steps here). Every Step Counts. Don't miss out on those extra steps!

### Sole-mates

Interested in getting some extra steps in during your day? Ask me about our Sole-mates program, which is our new walking group. One of the best benefits of walking is how easy it is to turn it into a social activity. Plus, the extra support is one of the reasons people have more success in continuing to walk. Come join us!

Have you heard about our new Sole-mates program? It is our new walking group that meets (Insert dates and times here. Also, include how short or long the walks are so people can have an idea what to expect). For more information contact (insert contact information here). We want you to join us!

### Walking Meetings

{Organization Name} is taking steps in the right direction to create a healthy environment for our employees. We want to make sure you are taking your steps too! Did you know our company supports walking meetings? Walking meetings are one-on-one or small group discussions that are done while walking instead of sitting around a conference table. Not only do they allow people to build in physical activity, the act of walking helps people be more energized and creative because of improved blood flow to the brain. Schedule a walking meeting today!

{Organization Name} encourages you to get up and move throughout your day. Walking meetings are a great way to do just that. The act of walking side-by-side with someone helps improve communication dynamics because people are focused on the issue ahead of them while they are literally moving in the same direction. Be sure to schedule a walking meeting today!



## Sample Policies

A policy is a written rule or guideline that outlines a plan of action applicable to all employees. Policies that support physical activity provide employees with the opportunity to make a healthy choice. Policies can affect large groups of people and have long term impacts. Policies within the workplace shape the culture. A policy that supports physical activity provides the opportunity for leaders to show a formal pledge to the health of their employees.

Effective \_\_\_\_\_ (Date) it is the policy of \_\_\_\_\_ (Name of Organization) that all meetings will be opportunities for physical activity. Options include holding a “walking meeting” or taking a physical activity break at the beginning or in the middle of the scheduled meeting.

Effective \_\_\_\_\_ (Date) it is the policy of \_\_\_\_\_ (Name of Organization) to allow employees to adjust their workday schedule for physical activity, to the extent possible. Employees will be permitted to extend their lunch hour to 1.5 hours if the additional time is made up during the day. Individuals must establish their permanent start, finish, and lunch times with their supervisor.

Effective \_\_\_\_\_ (Date) it is the policy of \_\_\_\_\_ (Name of Organization) to provide a walking map that outlines a route that is safe and easily accessible. Employees will be encouraged to use the walking route during breaks throughout the workday.

# APPENDIX A

## Walk It Assessment Tool

[partnersforahealthycity.org/wp-content/uploads/2016/01/Walk-It-Assessment.pdf](http://partnersforahealthycity.org/wp-content/uploads/2016/01/Walk-It-Assessment.pdf)

Identify Opportunities

What do you like **best** about this place?

What is the **biggest challenge** with this place?

List **THREE** things you would do to improve the walkability of this place that could be done right away and wouldn't cost a lot.

What **THREE** changes would you make in the long term that would have the biggest impact on improving this place's walkability?

Ask someone who is in the "place" to rate its walkability and what they would do to improve it.

What partnerships or local talent can you identify that could help implement some of your proposed suggestions? PLEASE BE AS SPECIFIC AS POSSIBLE.

### the walk it



a tool for evaluating the walkability of your workplace location

A partnership of...





Evaluate the Place

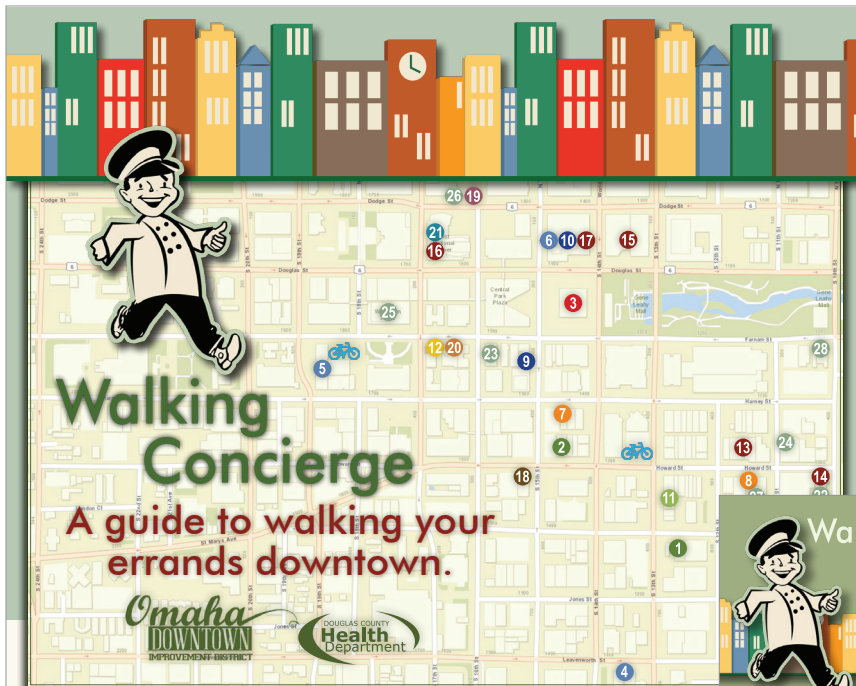
	1	2	3	4	5
<b>HUMAN SCALE</b>					
Comfortable places to sit	1	2	3	4	5
Street trees, planters present	1	2	3	4	5
Signage designed for pedestrians	1	2	3	4	5
Architectural details	1	2	3	4	5
Enclosure ("outdoor room")	1	2	3	4	5
<b>USES AND ACTIVITIES</b>					
Good mix of activities	1	2	3	4	5
Frequent community events	1	2	3	4	5
Area is busy	1	2	3	4	5
Encourages physical activity	1	2	3	4	5
Places to buy food	1	2	3	4	5
Ground-floor retail, street vendors	1	2	3	4	5
<b>SOCIABILITY</b>					
People in groups	1	2	3	4	5
Community pride evident	1	2	3	4	5
Reasons to converse (public art, street performers)	1	2	3	4	5
Women, children and seniors present	1	2	3	4	5
Places to congregate	1	2	3	4	5

Free of driveway/loading dock crossings	1	2	3	4	5
Traffic speed/volume is comfortable	1	2	3	4	5
Drivers are looking for pedestrians	1	2	3	4	5
Crosswalks signals are well marked	1	2	3	4	5
Crosswalk signals available	1	2	3	4	5
Sufficient crossing time	1	2	3	4	5
Short crossing distances/few lanes to cross	1	2	3	4	5
Safe distance/buffer from traffic	1	2	3	4	5
<b>PATH SIZE AND DESIGN</b>					
Sidewalk wide enough for 2 people abreast	1	2	3	4	5
Sidewalk continuous & on both sides of street	1	2	3	4	5
Walking area is free of barriers	1	2	3	4	5
Walking surface in good condition (free of tripping hazards)	1	2	3	4	5
Designed for wheelchair access	1	2	3	4	5
<b>OTHER COMMENTS</b>					



# APPENDIX B

## Sample Destination Directory



### Pick up Groceries

**Cubby's Old Market** 1  
601 S. 13th St.  
402-341-2900

**Patrick's Grocery** 2  
1416 Howard St.  
402-884-1600

### Borrow a Book

**W. Dale Clark Library** 3  
215 S. 15th St.  
402-444-4800

### See a Medical Professional

**Alegent Creighton Clinic** 4  
1319 Leavenworth St.  
402-280-2010

**Alegent Creighton Clinic** 5  
City County Building  
1819 Farnam, Suite 709  
402-717-0710

**The Health Clinic at Union Pacific** 6  
1400 Douglas St.  
402-544-5011

*Note: the Alegent Creighton Clinic in the Barker Building (listed under Pharmacy) also sees patients.*

### Visit a Dentist

**City View Dental** 7  
1415 Harney St.  
402-341-7576

**Old Market Dental** 8  
1105 Howard St.  
402-505-4424

*This information is not meant to inform a person of all options, but to provide some resources to encourage them to walk around downtown Omaha.*

### Fill a Prescription

**Alegent Creighton Clinic** 9  
Barker Building  
310 S. 15th St.  
402-717-2780

**Depot Drug** 10  
Union Pacific Building  
1400 Douglas St.  
402-544-3740

### Get New Contacts or Glasses

**Commercial Optical** 11  
513 S. 13th St.  
402-344-0219

### Buy Stamps

**U.S. Post Office** 12  
1617 Farnam St.  
402-346-0269

*Note: Patrick's (listed under Groceries) also sells stamps*

### Grab a Gift or Greeting Card

**City Limits** 13  
1114 Howard St.  
402-345-3570

**Old Market Sundries** 14  
1003 Howard St.  
402-345-8198

**Omaha World-Herald Kiosk** 15  
Omaha World-Herald Building  
1314 Douglas St.  
402-444-2444

### Summit Hallmark

16  
First Nat'l Bank Tower  
1601 Dodge St., Suite 100  
402-341-5555

**Union Pacific Gift Shop** 17  
Union Pacific Building  
1400 Douglas St.  
402-544-5041

### Get Copies Made

**CopyCat** 18  
1501 Howard St.  
402-341-0720

### Have Your Shoes Repaired

**H & M Steppers** 19  
First Nat'l Bank Building  
1620 Dodge St., 1st Floor  
402-813-9921

### Have Your Clothes Dry Cleaned or Tailored

**SY Cleaners** 20  
1605 Farnam St.  
402-505-9549

*Summit Hallmark (listed under Gifts and Greeting Cards) also offers dry cleaning.*

### Get Your Car Washed or Detailed

**Eagle One Downtown** 21  
First Nat'l Bank Tower  
1601 Dodge St., Suite 101  
402-714-1487

**For additional information, contact An**

### Visit a

**Curb Ap**  
518 S. 1  
402-345

**Downto**  
**Hairstyl**  
1515 Fa  
402-346

### Hair Ma

413 S. 1  
402-345

### Hair Is

1700 Fa  
5th Floor  
402-933

### Harley's

**& Salon**  
First Nat  
1620 Do  
402-346

### Sirens a

1105 Ho  
402-933

### Urbane

**& Day S**  
1007 Fa  
402-934

### Learn m

and you  
omaha



## Walking Concierge

A guide to walking your errands downtown.



Omaha Downtown Improvement District  
Douglas County Health Department

### Pick up Groceries

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601 S. 13th St. • 402-341-2900

**Patrick's Grocery**  
1416 Howard St. • 402-884-1600

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215 S. 15th St. • 402-444-4800

### See a Medical Professional

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1319 Leavenworth St. • 402-280-2010

**Alegent Creighton Clinic**  
City County Building  
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**Commercial Optical**  
513 S. 13th St. • 402-344-0219

**Buy Stamps** *Note: Patrick's (listed under Groceries) also sells stamps*

**U.S. Post Office**  
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### Grab a Gift or Greeting Card

**City Limits**  
1114 Howard St. • 402-345-3570



**Old Market Sundries**  
1003 Howard St. • 402-345-8198

**Omaha World-Herald Kiosk**  
Omaha World-Herald Building  
1314 Douglas St. • 402-444-2444

• 402-341-5555

30 Douglas St.:

41-0720

ired

• 402-813-9921

Cleaned or Tailored

05-9549

s and Greeting Cards)

or Detailed

• 402-714-1487

5-0404

tyling

46-3494

5-3692

or • 402-933-0339

Salon

• 402-346-9867

33-9333

34-2909

halibrary.org/walk

42-444-7225

*This information is not meant to inform a person of all options, but to provide some resources to encourage them to walk around downtown Omaha.*



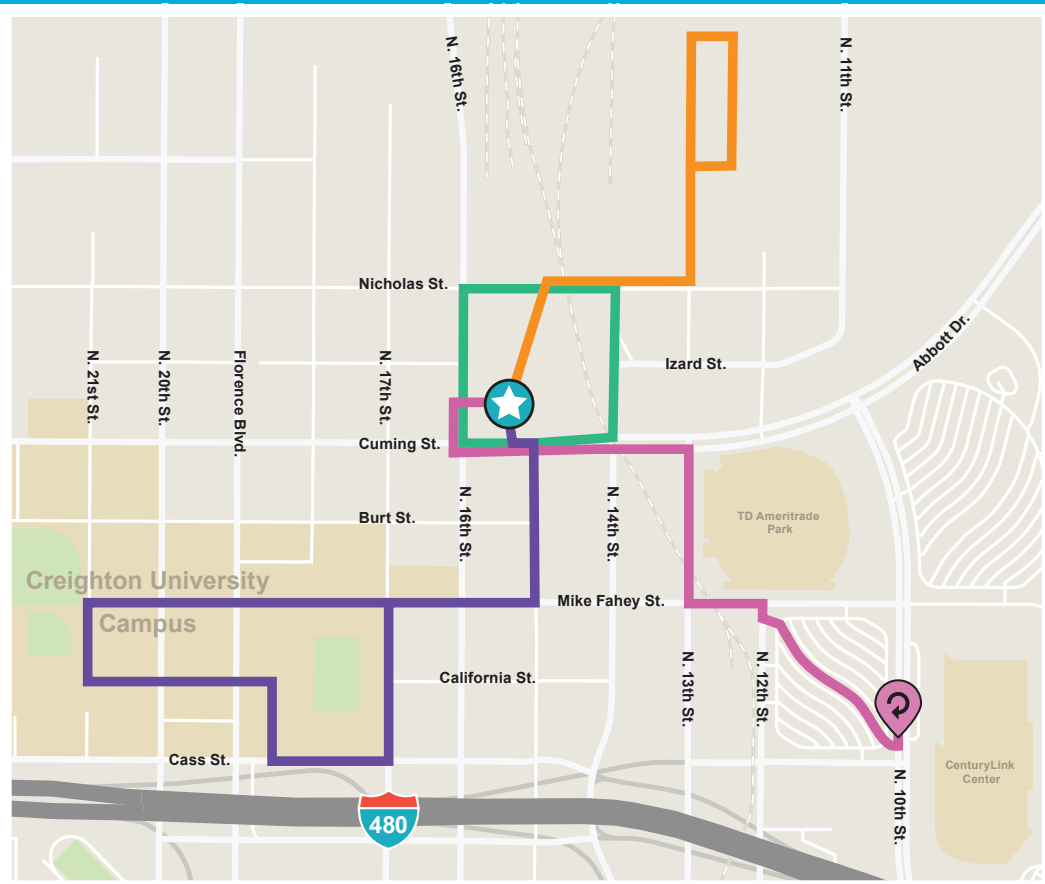
# APPENDIX C

## Sample Walking Maps

Douglas County Health Department

### WALKING MAP

Walking is a great form of exercise and provides the foundation for a healthy lifestyle. Take a quick break or go the long route. You'll be glad you did.



 **APMA + CO-LAB**

- 0.5  
mile

walk around  
the block  
(11 min.)
- 1  
mile

to Mastercraft  
Building and back  
(20 min.)
- 1.25  
miles

to CenturyLink  
and back  
(25 min.)
- 1.5  
miles

Creighton Loop  
(30 min.)



Supported by Cooperative Agreement #DP0055493-02 funded by the Centers for Disease Control and Prevention through the Nebraska Department of Health and Human Services

# WNCC says "Walk This Way!" **PICK YOUR WALK TODAY!**

Walking does not require breaking a sweat. All you need is 10-minutes and a comfortable pair of shoes, making it the perfect workplace exercise.



"PICK YOUR WALK TODAY!"	
.5 Mile	10 Minute Walk
.24 Mile	One Way Walk
1 Mile	22 Minute Walk
Up & Back	.....

*Sponsored by*

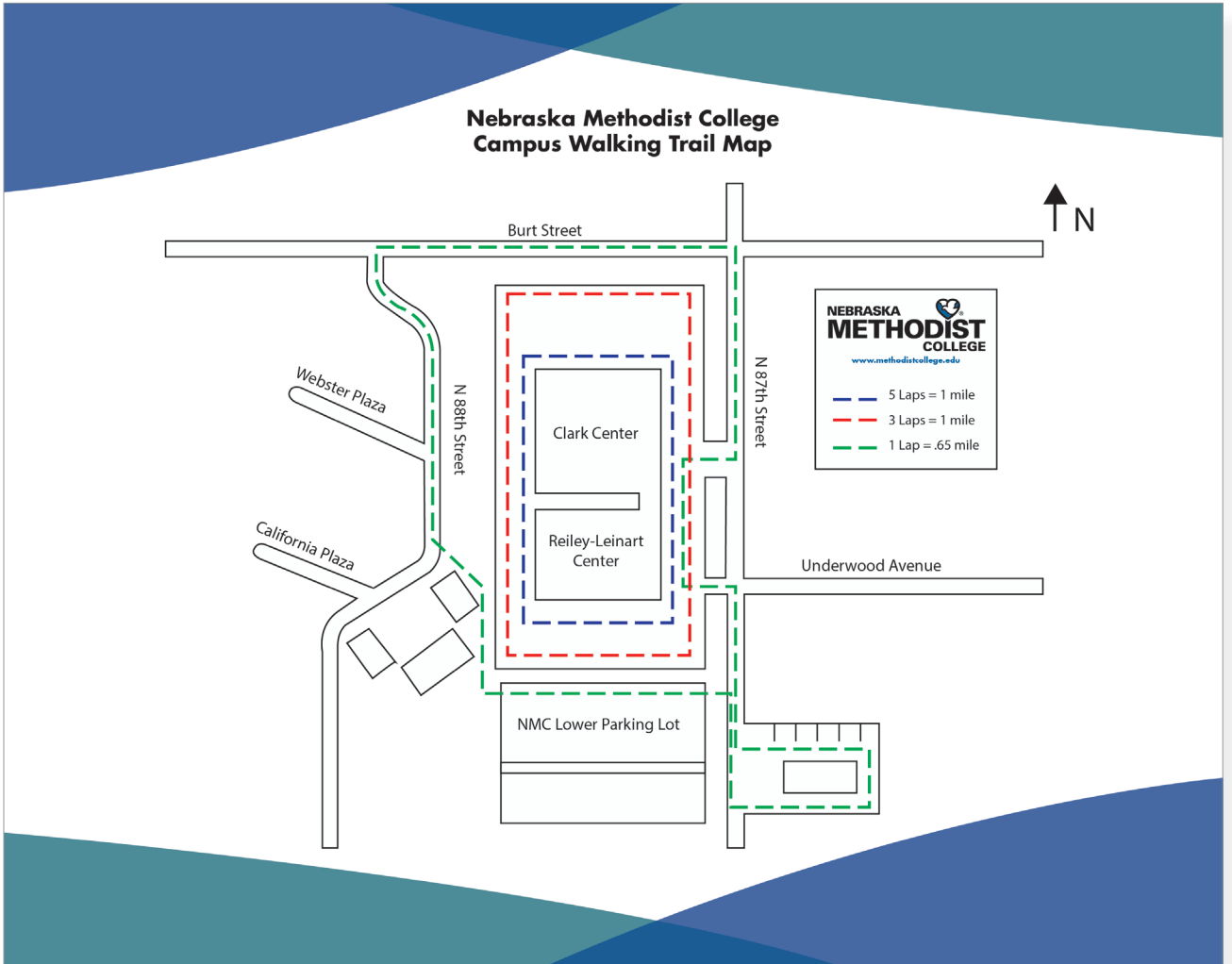


**Panhandle Worksite Wellness Council  
Panhandle Public Health District**

*"Walking just might be the single greatest intervention for overall health benefit."*



## Nebraska Methodist College



# Cabela's Break-time Walks

## Route 1 - Best route for a quick break (7-10 mins)

1 lap around the Main floor, up any flight of stairs, and 1 lap around the top floor.

This route is approx. 0.41 miles\* and should burn approx. 31 calories.\*

**Main Floor**  
973 ft



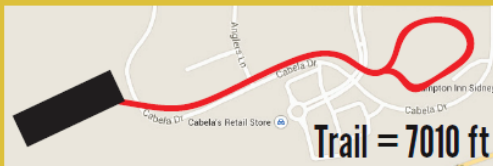
**Top Floor**  
1056 ft



## Route 2 - Perfect for a lunchtime walk (20-25mins)

Walk the entire trail past retail, around the pond and back.

This route is approx. 1.33 miles\* and should burn approx. 100 calories.\*



### Things You'll Need

Pedometer, Calculator,  
Masking tape, Tape measure

Mark the start/finish with masking tape.  
Walk the starting line and walk normally to the end.  
Count the steps (count both feet.) When the first foot crosses



the starting line, you took to walk that distance to calculate your stride length.  
If your stride length is 2.5 feet. (50 feet ÷ 20 steps = 2.5 feet)  
According to the American College of Sports Medicine, the average adult stride length

is 2.5 feet for shorter individuals and 2.75 feet for taller individuals.  
Use a pedometer to calculate how many feet you've walked.  
Divide the number of feet by your stride (50 feet ÷ 2.5 feet = 20 steps)  
Multiply the number of steps by 528 feet (1 mile) to calculate your distance walked in miles.  
100 steps ÷ 5,280 feet/mile = 4.73 miles  
Multiply the number of calories burned per pound per mile when walking by your weight in pounds. This is the total number of calories

you've burned by walking. (Example) If you weigh 150 lbs., then you burned 354 calories  
(4.73 miles x 0.5 calories/lb./mile x 150 lbs. = 354 calories.)



### Don't Forget!

To prevent injuries, build up your daily step count gradually.  
For more information and tons of great workout tips and ideas,  
go to [www.livestrong.com](http://www.livestrong.com)



\*The numbers listed were calculated using a person weighing 150 lbs. with an avg. stride length of 2.5ft/step.  
Follow the below step-by-step instructions to calculate your individual stride length and calories burned.



# APPENDIX D

## Frequent Flighter Sample Promotional Materials

**SMALL STEPS**  
*make big differences*

EXERCISE  
NEEDS THE  
YOUR HEART

**TAKE THE STAIRS**

partners  
FOR A HEALTHY CITY  
live well often

Made possible by funding from the Department of Health and Human Services

**TODAY**  
**I WILL TAKE THE STAIRS.**

WALKING UP THE STAIRS  
2 MINUTES A DAY HELPS  
PREVENT WEIGHT GAIN.

partners  
FOR A HEALTHY CITY  
Douglas County Public Health  
Prevention to Live

Made possible by funding from the Centers for Disease Control and Prevention.

*become a*  
**FREQUENT FLIGHTER**

WALKING UP THE STAIRS  
2 MINUTES A DAY HELPS  
PREVENT WEIGHT GAIN.

**TAKE THE STAIRS**

partners  
FOR A HEALTHY CITY  
live well often

Made possible by funding from the Department of Health and Human Services

*become a*  
**FREQUENT FLIGHT-ER**

**TAKE THE STAIRS**

15 calories burned  
30 calories burned  
45 calories burned  
60 calories burned  
75 calories burned  
90 calories burned

**FLIGHTS OF STAIRS\***  
3 times per day

partners  
FOR A HEALTHY CITY  
live well often

\*Average flight of stairs= 12 steps \*\*Based on 150-160 pound person  
Made possible by funding from the Department of Health and Human Services

# APPENDIX E

## Healthy Parking Sample Posters

### ROCK STAR PARKING

*Has Been Relocated*

**DON'T PARK YOUR CAR IN THE FRONT ROW.**

Instead, find the spot farthest away and walk\*. The extra steps — and the associated stress relief — will leave you feeling like a rock star.

\*Always take safety into consideration.

To learn more, visit [partnersforhealthy.org](http://partnersforhealthy.org)

### DID SOMEONE TAKE YOUR PARKING SPOT?

*No Worries*

**WE RESERVED A HEALTHY PARKING SPOT JUST FOR YOU!**

Don't let them steal your extra steps, too.

To learn more, visit [partnersforhealthy.org](http://partnersforhealthy.org)

### WALKING MEETINGS COULD Save Your Life

Research has shown that walking for 10 minutes, three times a day, can lead to a dramatic reduction in the risk of:

**10 MIN 3 TIMES A DAY**

To learn more, visit [partnersforhealthy.org](http://partnersforhealthy.org)

### TAKE YOUR MEETING OUTSIDE

*And on a Walk*

**A FEW TIPS FOR A SUCCESSFUL WALKING MEETING:**

- Plan ahead so that everyone is prepared with comfortable walking shoes.
- Scout a route to minimize noise and distractions.
- Save a few minutes at the end to jot down any meeting notes.

To learn more, visit [partnersforhealthy.org](http://partnersforhealthy.org)

### Find Your SOLE MATE

**STEP INTO A HEALTHY RELATIONSHIP**

Walking is the simplest way for people of all fitness levels to build physical activity back into their lives.

Just 10 minutes of walking, three times a day, can lead to a dramatic reduction in the risk of heart disease, type 2 diabetes, high blood pressure, obesity and osteoporosis.

**INTERESTED IN GETTING SOME EXTRA STEPS IN DURING YOUR DAY?**  
Join the Sole Mates Walking Club.

**CONTACT:**

To learn more, visit [partnersforhealthy.org](http://partnersforhealthy.org)

### HEALTHY PARKING

*Now Available*

**SMALL CHANGES AND EXTRA STEPS CAN QUICKLY ADD UP TO BIG HEALTH BENEFITS.**

Just 10 minutes of walking, three times a day, can lead to a dramatic reduction in the risk of heart disease, type 2 diabetes, high blood pressure, obesity and osteoporosis.

To learn more, visit [partnersforhealthy.org](http://partnersforhealthy.org)

# APPENDIX F

## Additional Resources & References

[Surgeon General's Call to Action for Walking and Walkable Communities](#)

[Harvard Business Review: Sitting is the Smoking of Our Generation](#)

[23 and ½ Hours Video: What is the Single Best Thing We Can Do for Our Health?](#)

[America Walks](#)

- [Walk and Work: Innovative ways to integrate walking into workplace and business practices \(Recorded Discussion\)](#)
- [Establish Walking Meetings at Work](#)
- [Changing the Culture](#)
- [Resources to Empower Your Community with Walking Initiatives](#)
- [Use Apps to Encourage Walking](#)

[Every Body Walk! \*Informational Videos\*](#)

- [Workplace Walking](#)
- [Sedentary Lifestyles](#)
- [Walking and Diabetes](#)

[American Heart Association – Start Walking Now Program](#)

- [Benefits of Walking](#)
- [Fitting Fitness into a Busy Schedule](#)

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