

## Walking

It is easy to add steps to daily activities. Health benefits seem to begin with as little as 60 minutes a week. Walking does not require any special equipment and may be done anywhere. Walking is a good way to relax and enjoy the surrounding neighborhood and Department of Veterans Affairs (VA) grounds. Walking is an excellent individual, group, or family activity.

Although walking may not seem like much exercise, 2 hours a week of walking significantly reduces illness. For example, among adults with diabetes, one death per year may be prevented for every 61 people who walk at least 2 hours per week. Walking can also help lower cholesterol and lipid levels.

The following are samples of handouts for walking paths:

[http://www.southernct.edu/employment/uploads/textWidget/wysiwyg/documents/indoor\\_walking\\_paths.pdf](http://www.southernct.edu/employment/uploads/textWidget/wysiwyg/documents/indoor_walking_paths.pdf).

<http://www.dshs.state.tx.us/wellness/resource/trail.pdf>.

### Setting up walking paths

Creating walking paths is an easy and cost-effective method to encourage employees to be active at work. Walking paths can be designed inside the facility or outdoors. The benefits of indoor walking paths include climate control, a safe and secure area, consistent surfacing, and easy access from work. If the organization has convenient access to an outside area, adding an outdoor walking path provides employees with a choice and serves to maintain interest and motivation.

Organizations should consider the following tips in designing walking paths:

- Include stakeholders in planning (i.e., leadership, engineering, employees);
- Consider grant opportunities for funding;
- Paths should be easily accessible;
- Ensure good visibility and security;
- Measure distance;
- Use markers to designate destinations;
- Include wall murals for indoor paths;
- Designate routes as low, medium, high intensity;

- Provide nutritional and fitness information;
- Encourage staff to wear supportive shoes;
- Form walking groups; and
- Sponsor walking events.

