



How to Start a Walking Club

Objective: To engage in more activity to improve overall well-being

Time Duration: This is an ongoing activity.

Getting Started:

1. Decide the day(s) and time(s) your walking club will meet.
 - Consider signing up for a local 5K to work toward and establish a training schedule. To get started, go to <https://www.tn.gov/wfhtn/resources/physical-activity.html> for a list of walking and running training programs.
2. Determine walking routes and locations accessible to you. Use tools like [MapMyWalk](#) to create and discover routes.
3. Promote the walking club to employees. This can be done via email, newsletter, department intranet and/or flyers.
 - Consider collecting emails of interested employees or include contact information so employees can reach out if they're interested.
4. Before the first walk, contact all interested participants to share the following:
 - A welcome and thank you for participating in the walking club.
 - Dates and times when the group will meet. Consider sending calendar invites as reminders.
 - Share and collect a completed Liability Waiver from each employee. Make sure you consult with your legal team, as we've only included a sample waiver.
Note: Don't forget to BCC participants if contacting them via email.
 - Remind employees to wear appropriate [footwear](#) and [hydrate](#).
 - Make an inclement weather plan.
5. Reach out to WFHT.TN@tn.gov for assistance.

Materials Needed:

- Liability Waivers ([sample waiver only](#))
- [Tracking Tool](#) (optional)
- Prizes (optional)

Additional Resources:

- [Free Step Tracking Apps](#)
- [DOHR Wellness Break Agreement](#)
- [TN Greenways and Trails](#)
- [Start Walking Guide](#)