

Ideas for adding walking into your everyday



The Commute

- If you live within a mile or two of your workplace, walk instead of drive
- If you catch the train, walk to the train station instead of driving
- If you have to drive to the train station, park further away and walk the rest of the way.
- If you catch the train, walk to the furthest end of the platform.
- If you use public transport get off a stop or two earlier and walk the remainder of the way.
- If you have to drive to work, park further away and walk the rest of the way.
- If you have to drive to visit customers, consider parking a bit further away and walking the remainder of the way.

Working from home

- Add a morning commute by taking a walk before you start. Great for planning your workday.
- Add a walking commute to the end of your working day, it's a great way to switch off.
- Take a walk at lunchtime.
- Take a walking break instead of a coffee break.
- If you've hit a mental roadblock with your work, then go for a walk.
- If you want to generate new ideas, go for a walk.
- Add a walk into your schedule just like any meeting.
- Chat to customer or client while out walking.
- One of the great benefits of working from home is that you can take breaks when it suits you. Check the weather and schedule in your walk/s when you're more likely to get the best weather.

The Workplace

- Take the stairs instead of the lift.
- Set your meetings in a meeting room further away or on another floor and take the stairs.
- Instead of sending an email to someone in the office, walk over and chat to them in person.
- Walk to the kitchen to make your coffee don't let someone do it for you.
- Drink lots of water. It's good for you and will get you walking to the toilet more regularly.
- Instead of grabbing your lunch from the nearest take-away consider going a bit further afield.
- Go for a lunchtime walk.
- Go for a walk with a colleague.
- Walk and do your errands at lunchtime.
- If you need to have a private chat with someone, if appropriate, consider a walk and talk rather than a meeting room.
- Conduct small meetings in walking format.
- Join a lunchtime walking group or start one of your own.

Everyday Activities

- If you only need a few groceries, consider walking to the supermarket rather than driving.
- Need something from a local shop. Consider walking instead of driving.
- If you're visiting a shopping centre take the stairs rather than the lift or escalator.
- Drive throughs are very convenient but consider parking and walking in instead.
- Take a sunrise walk. It's a great way to start your day!
- Go for a walk before dinner and work up an appetite.
- Go for a walk after dinner. This not only gets your steps up but helps with digestion.
- Take a sunset walk. What a great way to welcome in the evening!
- Make walking apart of your weekend activities.
- Go for a walk after your Sunday lunch.

Parents

- Walk to and from school rather than driving.
- Walk to after-school activities.
- If the kids aren't keen to walk, perhaps they can scoot or ride while you walk.
- Turn your walks into a game such as I spy.
- Walk to the park for a play.
- Organise to go for a walk with friends.
- Go on a treasure hunt with your kids around the neighbourhood.
- Go for a family walk after dinner.

Walking swap outs

- Before you jump in the car ask yourself could I walk instead?
- Swap some of your TV time for walking time.
- Swap some of your social media scrolling for walking.
- If you feel like snacking, go for a walk instead.
- Need to call someone, why not organise to chat while walking.
- Instead of meeting a friend for a coffee, meet them for a walk.
- If you're catching up with family or friends, make walking part of your plans.

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everyday
WALKER