

# Walking

Walking is essential to our physical well-being. We all know this, yet Canadians still sit for 10 hours every day on average. Creating a walking culture at your work can go a long way to supporting the health of employees, while also increasing their productivity and focus. Implementing a program is an inexpensive and effective way to provide structure and encouragement for employees to incorporate walking throughout their daily routines (ie; walk to transit commute, suggest walking meetings, lunchtime walk club.)



**TravelSmart** is a program focused on empowering better travel choices. We provide access to a wide range of tools and resources – from cycling programs and parking management strategies, to strategic mobility partnerships – all with the goal of helping Metro Vancouver businesses and individuals be more... TravelSmart.

## Walking Employer Checklist:

Review the checklist below and consider how a walking program might benefit your business, and your employees.

- Find a staff leader who is a regular walker to communicate the benefits of walking options to, from and at the office to help boost walking culture at the workplace.
- Create a neighbourhood map of nearby locations within a 10-minute walking radius of your workplace and place it in a prominent location.
- Create a physical or digital sign-up sheet for those interested in forming a walking group or club (e.g. “Lunchtime Walkers”).
- Create a peer competition to track and reward different objectives, for example:
  - Number of steps taken during a certain timeframe
  - Number of days staff walk to work or combine transit with walking
  - Number of walking meetings conducted in a team or department
- Encourage the use of a tracking app like StepsApp or Fitbit to monitor progress
- Make sure you incorporate various ability and accessibility options. Try Google’s improved walking directions functionality, which provides detailed voice guidance that is designed to benefit people of all abilities.



+ Did You Know? Vancouver has one of the highest rates of green space of any major city in the world? 93% of residents live within a 5-minute walk of a park, greenway or other greenspace. That probably explains why an impressive 23% of its residents travel to work on foot! +



## BENEFITS

By fostering a strong walking culture, your organization will start to notice many positive benefits:

- Fewer sick days and improved productivity.
- Enhanced creative thinking and problem solving.
- Improved well-being and increased physical and mental health.

In addition to these benefits, studies show that people who walk or bike to work are much more likely to enjoy their commute than those who drive, and can influence their co-workers, family and friends to do the same! A recent CBC study found that 84% of Canadian adults do not get enough daily physical activity. Many of us sit while working most of the day, drive to where we need to go and are faced with less physical demands in our lifestyles. Any encouragement for your staff to walk more is a good thing.



+ Pro Tip: Transit and walking are a match made in heaven! Studies show transit users clock between 12-18 minutes of extra walking per day and are more than twice as likely to meet the physical activity recommendation of at least 30 mins per day. Reward your employees for taking transit to work and walking will take care of itself. +



## RESOURCES

For mapping your walking route, use advanced features like satellite, street and terrain view to identify street crossings, signals and sidewalks, as well as elevation gains and hazards. Below are some useful walking trip planners:

[Google Maps](#)

[MapMyWalk \(draw your own walking routes\)](#)

[Why Walking is the Most Underrated form of Exercise](#)

[TransLink Active Transportation Options](#)



**E** [travelsmart@translink.ca](mailto:travelsmart@translink.ca)

**W** [translink.ca/travelsmart](https://translink.ca/travelsmart)



**TRAVEL  
SMART+**