Walking groups are ideal for 15- or 30-minute walks before, during, or after work. Multiple groups can be formed according to time, day and distance preference. Here are some tips to help you get started:

- Start simple! Choosing one day each week to be consistent is better than overcommitting.
- Designate one person as the leader who can send reminders and recruit new walkers.
- Utilize a sign-up sheet from the website to recruit your group.
- Avoid cancelling. Have a point person who will lead the group as a back-up and problem-solve for weather and other contingencies.
- Recruit others with a flyer or through departmental emails.
- Find walking trails on the Healthy for Life website or look for nearby community trails.