

Walking can recharge the mind, body and soul. Walking can help improve your self-esteem, your mood and relieve the effect of anxiety by offering a relaxing activity and social contact! Starting (or joining) a walking group with your colleagues will help you get in shape, hold you accountable, increase your energy and decrease your stress, which in turn will help you perform better at your job.



## Did You Know?

It is recommended that adults ages 18-64 should achieve at least 150 minutes of heart-pumping physical activity each week. Walking is a fun and free activity that can help you and your colleagues hit your target of 150 minutes each week.

[http://](#)



## find your fit! **Walking Resources**

These resources provide you information on how to first start a walking routine, increase intensity, count your steps, and the benefits of becoming more active. Want to take it a step further? Try one of our walking or running programs: <http://www.recreationnl.com/findyourfit/walking-programs/>



### ADDITIONAL RESOURCES

#### Walk BC

British Columbia Recreation and Parks Association have great walking programs and resources that would be helpful in starting a walking program within your own workplace.

It's easy and it's designed for any fitness level!

- Workplace Walking Program: <http://www.walkbc.ca/walk-programs/workplace-walking>
- Walk In Shape! Walking Program <http://www.walkbc.ca/walk-programs>