

How to set up your Workplace Walking Group



Irish Heart
Foundation



Form a Leadership Team

It can be difficult to organise a walking group all by yourself, if there are two or three people involved it is more manageable. The leaders should be interested in walking so the group is not a burden to them.




Walking Leader Training

Leaders can access a short 'Workplace Walking Leader Training Course' on irishheart.ie which will give practical tips and ideas for leading walks.



Have a Brainstorming Session

Once you have a team of leaders, they can create a plan of action. The list below will give you some ideas to discuss.

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- When and how often will you walk?
 - Where will you meet?
 - Where will you walk?
 - What kind of walker are you trying to recruit? Consider giving the group a name to describe the type of walking you will do.
 - How will you promote the group?
 - How long will the group exist?
 - Will you follow a plan such as the 'Move More Walking Challenge' which you can find on irishheart.ie along with videos and a 5k walking plan.