



How to Form a Walking Group!

Why Start a Walking Group?

- People of all ages and levels of activity can enjoy the benefits of a walking group.
- Walking can improve health! Walking for **30 minutes a day** can lower blood pressure and weight, while decreasing the risk of stroke, heart disease, and diabetes.
- Walking groups help promote relationships among members of a community. People tend to stay more active in the group setting.

Starting Your Group

- Invite people to join your walking group. You can send emails, make phone calls, or create a flyer to post in churches, employers, doctor's offices, or other organizations.
- Choose your route(s). Clinton County has great local trails! Do a test walk to make sure your route will fit the group's needs.
- Make a plan for when and how often your group will walk. Create a Facebook page or phone tree to keep members updated and involved.

What is a Walking Group?

A walking group consists of any number of people that plan to meet and walk together at regular times. The goal of a group is to encourage and increase physical activity while socializing and having fun! Walking groups help members set and achieve goals, providing motivation through social support.



The Cadyville Recreation Park, in the Town of Plattsburgh, offers easy to walk wooded trails.



The Saranac River Trail, in the City of Plattsburgh, provides year round outdoor walking opportunities.

For more ideas, check out:

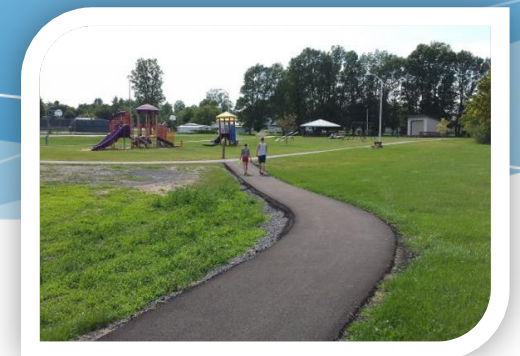
<http://createthegood.org/toolkit/start-walking-group>
<http://www.heart.org/en/healthy-living/fitness/walking/start-or-join-a-walking-club>

Keep Your Group Going!

- Set goals! Challenge members to increase the number of steps taken or time spent walking. Keep track of individual and group progress.
- Become a team. Give yourselves a fun name, and sign up for a charity walk (or two!)
- Invite members or local experts to talk about subjects your group shows interest in, related to walking or your route such as exercise or health tips, history or nature.

Tips for Walkers

- Wear comfortable, supportive shoes.
- Stretch before and after your workout.
- Bring water.
- Be ready for the weather: wear sunscreen, a hat, and dress in layers.
- Make yourself visible! Clothing should be bright or light colored. Carry a flashlight in the evening.
- Use a pedometer and calendar to track your activity and reach goals.
- Have fun!



The Fitness Trail in Rouses Point includes 5 exercise stations.

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