

Walking Programs

This is a fun and interactive program to get employees (or students), at any stage of fitness, moving using tools such as our H-215 pedometer and online activity tracking tool. It no longer matters in which office or city your employees work (or if they have an office at all), because this program unites everyone in one, impactful, health initiative.

Walking is a simple way to get employees moving as a means to stimulate their energy and intellectual creativity allowing them to reap a multitude of physiological benefits including:

- Improved muscle tone, bone strength, memory, immune function, HDLs (the "good" cholesterol), sexual performance, sleep, eye-sight, healing, and self-esteem.

- Lowered blood pressure, stress, LDL's (the "bad" cholesterol) and weight.

A walking program, founded on goals and motivational tools that support behaviour change, will result in an easy and fun way to get your workforce moving. Our walking program consists of :

- H-215 pedometers - official pedometer of the 2010 Olympic Games!

- Corporate Challenges

- Activity & Step-Tracking (Online)

Getting Started ...

Before you start any walking or physical activity program, we recommend that you review these few basic principles that will help keep you safe and comfortable.

Complete this Physical Activity Readiness form to ensure it is safe for you to start any new exercise program:

- Choose comfortable, supportive shoes.
- Warm up with stretching exercises and include a cool-down period.
- Maintain a brisk pace but still be able to talk while walking.
- Walk correctly— head upright, arms bent at the elbow and swinging as you stride.
- Hydrate (drink water) before, during and after walking.