



BE MORE Walk"ative!" A Guide for Walking Clubs

Heather S. Wallace, PhD, CFLE
Assistant Professor
Department of Family
and Consumer Sciences

Sure, there are plenty of ways other than walking to get exercise, but few are as simple, social and suitable for everyone. All walking really requires is a pair of socks and shoes, but a buddy or two — or eight! — makes it that much sweeter. Be More walking clubs are one way those “healthy choices add up” to a greater quality of life.

Be More wants to assist you in maximizing your club’s effectiveness and enjoyability. See your local Be More staffer to take advantage of any of the ideas below.

What Your Club Can Do	BE MORE Support
Elect — or draft — a leader. To avoid burnout, make his or her term manageable — a month, two months, a quarter. Fresh and engaged leaders are essential in keeping your group moving and motivated.	Advice on what has worked in successful clubs. “Train the Trainer” for alternative exercise activities. Clerical assistance in typing/distributing promotional materials and membership lists.
Measure a course or courses for routine walking days. Set a shorter and a longer distance, so members can suit their schedules on any given day.	Your county Extension office can lend you a wheel (and demonstrate how to use it) for measuring distances. If you want to paint your facility’s parking lot or erect mileage markers, we can provide you with the materials to do so.
Maintain up-to-date records of mileage walked for each member. Award a monthly mileage winner, or hold a random monthly drawing to recognize members.	<p>Materials/supplies for recordkeeping. Examples:</p> <ul style="list-style-type: none"> • A journal book for mileage entries. • A mailbox and printed slips for members to deposit their weekly mileage. • Assistance, if needed, in setting up a club Facebook page for members to submit their mileage. • A white board or poster frame for featuring your Walker of the Month at your church or business. <p style="text-align: center;">Publicity: Post your group’s progress (and success stories) on the county Be More webpage. Be proud!</p>
Design alternatives to routine walking courses when the weather is uncooperative.	Purchase exercise DVDs, exercise balls, jump ropes or other minor equipment. (Club leader responsible for storage/maintenance of any such items.)
Do something different occasionally – such as scheduling a hiking field trip.	Local guide books or maps for walking/hiking.

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