

## Resource Guide

[October 2025]

### Walking Meetings

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Walking meetings are a simple way to combine movement with productivity. They can boost energy, reduce stress, and improve creativity — all while helping you get your steps in during a busy day. Adding more movement into your work routine supports both physical and mental wellbeing.

Here are some ideas to make walking meetings work for you:

- Start small – Suggest a short 10–15 minute walk for your next one-on-one.
- Choose safe routes – Use walking paths, quiet streets, or around your workplace. Volunteer in your community
- Keep it flexible – Not every meeting works on the go, but try it for brainstorming or check-ins.
- Bring water – Staying hydrated helps maintain energy and focus.
- Mix it up – Alternate between indoor and outdoor routes, depending on weather.

✦ Remember: You don't need a full hour to get the benefits — even a short walking meeting can boost your health and focus.

