



Ambassador Toolkit Activity Instructions

Department Walking Routes

(This activity is optional for Department Wellness Teams)

1. Gather the following:
 - a. A measuring wheel or pedometer or another tool to measure distance
 - b. Building floor plan
 - c. Laminator (optional)
2. Use the measuring wheel to measure routes within the building
3. Plot the route on the department floor plan
4. Measure how many laps around the route equal 1 mile
5. Laminate the floor plans with the route
6. Post the floor plans along the route within the building; you may post arrows along the route to help guide walkers
7. Advertise the walking routes
8. Consider putting up inspirational posters along the route

Expansion Idea 1: Use the same instructions for mapping routes outside the building. Provide details to employees who wish to walk outdoors during nice weather.

Expansion Idea 2: Count stairs and determine how many steps/flights it takes to equal a mile.