LUNCH WALK TOOL KIT

A PRACTICAL GUIDE TO BRINGING
THE LUNCH WALK PROGRAM TO YOUR AREA

SPONSORED BY

Mingo County Diabetes Coalition

Sustainable Williamson

Williamson Health Wellness Center
THE LUNCH WALK PROGRAM WORKS AS A VEHICLE TO IGNITE & CREATE HEALTHY COMMUNITIES BY SIMPLY GETTING PEOPLE WALKING...

“What better place to start developing healthy communities than in the heart of coal country and within one of the unhealthiest regions in the United States.”
- Dr. Dino Beckett, President of the Williamson Redevelopment Authority

“We hope to stimulate interest across the Nation in what we believe to be one of the most innovative approaches to sustainable development in rural America.”
- Mayor Darrin McCormick

“It’s so great for the people in the DHHR office. There are people who just get so covered up in work they don’t even go to lunch. But, now they go outside and walk.”
- Lee Ann Blankenship
Research has proven that being physically active is one of the best ways to prevent the development of obesity, diabetes, and other diseases caused by a lack of every day exercise and good eating.

THE BEAUTY OF THE LUNCH WALK PROGRAM IS WALKING IS FUN AND EASY!

HOW IT WORKS...

Through this innovative program created by local Williamson community members, our desire is to encourage community health through creating a competitive approach to exercise. By fitting a brisk walk into your daily activities, you can decrease the risk of heart attack or Diabetes, control weight, improve muscle tone, and reduce stress.

When this program started, we decided to set a goal of each participating community member to walk to California by the end of the program (10,000 steps per day). After setting this goal, Williamson connected with the community of Marin City, California who decided to start their own Lunch Walk Program. This created an exciting new idea! A collaborative approach to building healthy communities. As Williamson walks to Marin City, California, Marin City will join us and walk to Williamson, connecting two previously unconnected cities to stimulate a national approach to building healthy communities!

NOW, WE ARE ENCOURAGING OTHER COMMUNITIES TO JOIN WILLIAMSON & MARIN CITY BY STARTING THEIR OWN LUNCH WALK PROGRAM & USING THIS VEHICLE TO ENCOURAGE COMMUNITY HEALTH BY GETTING PEOPLE WALKING!

CONTINUE TO NEXT PAGE TO LEARN HOW YOU CAN JOIN US AND START YOUR OWN LUNCH WALK PROGRAM!
HOW TO GET YOUR COMMUNITY WALKING...

"STEP BY STEP"

1. **PICK YOUR TEAMS**
   Get local businesses, offices, churches and civic organizations to participate by forming teams of 10 participants each. Each team is asked to submit their team names to *(specified program contact)* no later than *(specified date)*.

2. **LOG INDIVIDUAL MILES**
   The goal is for each Team Member to walk 10,000 steps per day (5 miles). Team members are asked to log their distance walked each week and submit it to the Team Captains, who will ensure that team members log their steps in on a designated local website.

3. **SET A DISTANCE TO REACH**
   Connect with another community starting a Lunch Walk Program and set a community goal to get each Team Member to walk the distance to that city by the end of the program!

4. **LUNCH WALK MAP**
   Create and post a Lunch Walk Map in a central community location to track each team’s distance walked. Community Members can then keep track of their progress!

5. **PURCHASE PEDOMETERS**
   Select a digital pedometer to record your community’s steps. Each Team Member must wear a pedometer when they walk. If a community member is unable to purchase a pedometer in enough time, provide a place where they can go and pick one up to buy or borrow!

6. **ENCOURAGE HEALTHY NUTRITION**
   Connect participating community members to find their local Farmers Market and healthy food stores to encourage healthy nutrition while they take part in the Lunch Walk Program! You can even provide specific meal options and foods to eat to help each community member be as healthy as possible in every area as they participate in the program.

7. **START A 5K / ENTER A RACE**
   For a good resource for training for a 5K, visit this website: www.fitnessmagazine.com/workout/running/training-schedules/beginner-training-plan-6-weeks-to-a-5k

8. **HOLD AN OUTDOOR AWARDS CELEBRATION**
   At the end of the program, hold an awards celebration event to congratulate participants and celebrate their success!
LEARN MORE ABOUT THE LUNCH WALK PROGRAM AT
WWW.MINGODIABETES.COM/LUNCH-WALK
WWW.SUSTAINABLEWILLIAMSON.ORG/COMPETITION

FOR MORE INFORMATION ON HOW YOU CAN START A LUNCH WALK PROGRAM
CONTACT ALEXIS BATAUSA OF THE MINGO COUNTRY DIABETES COALITION AT
ABATAUSA@MINGODIABETES.COM OR 304–235–3400
“City Insurance Agency has participated in the Lunch/Walk program since its inception. It has become such a fun event, and one that we don’t want to miss! This program has definitely made our team think more about getting off the couch and outside or on the treadmill to get in their miles. Since the Lunch/Walk program began, I have seen more walkers than ever before! The Lunch/Walk program has really helped to create an inspiration and motivation for people to start exercising.”

–Pat Poole