



ACTIVE COMMUTING CHALLENGE



The Challenge

We all know that physical activity is important and often we mistake it for only going to the gym or going for a run. You can also increase your daily physical activity by parking a little further away from your workplace, or getting off the bus or train 1 or 2 stops earlier. To take it one step further, consider biking to work! This activity encourages employees and colleagues to increase their daily physical activity through their daily commute and transportation.

Resources Required

- Email staff with active commuting ideas and set up reminders.
- Visible locations to post posters and reminders.

Fun Twist

Meet coworkers at a designated spot a few blocks away from work and walk together!

PROCESS

1 CREATE CHALLENGE

Create a list of ways in which daily commutes to work can be made more active.

Active Commuting Ideas

- Parking 1-2 blocks further from the office,
- Getting off the bus or train 1-2 stops earlier,
- Biking or walking to work,
- Taking the stairs instead of the elevator.
- Setting up weekly lunch walks

2 TRACK CHALLENGE

Email these suggestions as well as challenge details to all employees. Make sure to create a tracking list so that employees can record the days in which they participated in active commuting.

3 PROMOTE CHALLENGE

Create posters with these suggestions and post in common places. Send daily reminders at the end of the day to promote active commuting the next day.