



# Walking Meetings

## What Meetings are Appropriate for Walking?

Brainstorming, check-in, and decision making meetings are best for walking meetings

## How to Make a Successful Walking Meeting?

*Plane a route and estimated length of time:*

*15 min walk:* Walk to Vandercook Park on Louisiana Street and back (.8 mi)

*30 min walk:* Walk to Lake Sacajawea following Louisiana Street and back (1.4 mi)

*60 min walk:* Walk to Lake Sacajawea following Louisiana Street. Cross bridge towards R. A. Long. Follow Lake Sacajawea Trail to 20th Avenue Bridge. Cross over 20th Avenue Bridge and walk up 20th Avenue to Louisiana Street. Take a right on Louisiana Street and return to LCC. (3 mi)

Do not surprise colleagues or clients with walking meetings. This allows them to arrive dressed for comfort, perhaps having changed shoes. You might also keep water bottles on hand to offer on warm days.

Stick to small groups. 2-4 people would be ideal for a walking meeting.

Have fun. Enjoy the experience of combining work with a bit of exercise and fresh air.

## Benefits of Walking Meetings

Maintaining healthy weight, strengthening bones and muscles, improving mood, and improving balance and coordination.

The act of walking leads to increases in creative thinking. Plenty of anecdotal evidence also suggests that walking meetings lead to more honest exchanges with employees and are more productive than traditional sit-down meetings.

Our brains may also be more relaxed during walks due to the release of certain chemicals. This aids executive function, which governs how we focus on tasks and deal with unforeseen events, among other things.

