



BURLINGTON Walks the TALK

HOW-TO GUIDE

Let's Get Walking Burlington!

Burlington Walks the Talk – Walking Groups

Walking is one of the simplest forms of exercise that almost everyone can do. Like other forms of exercises, the benefits of walking do more help to create a healthy lifestyle that can aid in maintenance of a healthy weight, sharpen the mind, strengthen bones, enhance circulation and make us feel happier. It's also free, which makes it easy to participate. And if you commit to doing it with friends, you're more likely to stick with it.

So, don't just talk about! Walk about it! Walk the Talk!

HOW-TO GUIDE

How to Organize a Burlington Walking Group for your Neighbourhood and Walk the Talk

Step 1.

Pick Your Audience.

Who do you want to participate in your walking group? Is it open to everyone? Or, do you want to be open to a specific type of walker? Some examples may include:

- Anyone within a designated neighbourhood boundary. Here is a list of a few of Burlington's neighbourhoods.

North OF QEW	South of QEW
Tyandaga	Pinedale
Headon Forest	Longmoor
Tansley Woods	Central Burlington
Palmer	Roseland
Mountainside	Dynes
Brant Hills	Aldershot
The Orchard	Maple
Millcroft	Elizabeth Gardens
Kilbride	Plains
Lowville	Shoreacres
Alton Village	

See back page for map of neighbourhoods.

- Race-walkers, power-walkers or nordic (pole) walkers
- Seniors – Adults 65+, Adults 75+ etc.
- Parents with children in strollers
- Couples
- Dog walkers
- People with similar conditions [ie. Heart, Diabetics]
- Wheelchair rollers

Step 2.

Set a Time.

Do you prefer to get up in the morning and go for sunrise walk then go for coffee? Right after work before you go home? Or, an evening stroll at sunset? Choose a time that your targeted group is most likely to attend and commit to on a regular basis. Don't forget to consider the time

of year, daylight available and heat of the day in summer etc.

How often do you want to meet? Once a month? Once a week? Twice a week? The key is to make it a regular occurrence so others can plan to connect and build into regular routines. Learn more about recommended physical activity guidelines from ParticipACTION. [The Early Years \[0-4\]](#), [Adults \[18-64\]](#), [Older Adults \[65+\]](#)

Other Considerations

- **Weekdays or weekends.** It may be easier for those who work full-time to schedule weekend walks. Retirees, on the other hand, may prefer to spend weekdays with a walking group.
- **Work around daily commitments.** For a workplace walking group, schedule outings at a time when there are no meetings. For parents with children who nap, mid-day may be booked.
- **Plan around a regular event and combine.** Start or end the walk just in time for an existing event or activity, such as a local farmers market, children's story-time at a local library or before a recreational swim or other drop in activities at a local community centre.
- **Don't forget about yourself.** Make sure it's a time you can commit to as the walking group leader.

Step 3.

Select a Route and Designated Meetup Location.

Consider

- **Where are you meeting?** Describe the place and landmark. Meet up at a community landmark (i.e. pavilion at a community park, south baseball diamond at community park or trailhead at community park etc.) Be specific so others who are not as familiar with the area are able to find you.
- **Stay close for neighbourhood or work walking groups.** Choose a route near home or the office. Walking group participants are more likely to pop-over for a walk that's nearby or make a stop that's conveniently on their way home from work or school.
- **Route length: How far are you going?** 1 km, 5 km or is it time based i.e. 30 minutes, 1 hour.

Consider planning your route using apps like [MapMyWalk](#) or [Strava](#) that can help you with length and average walking times.

- **Consider must-haves.** Do you need to have street lights? Water fountains? Restrooms? Stroller or wheelchair friendly? Smooth, paved service? Nature trails?
- **Take the scenic route.** Give members a walk with a view. Look for [multi-use paths or hiking trails, waterfront walkways](#), neighborhoods with historic homes or [public art landmarks](#).

Step 4.

Name your walking group.

Come up with a name to call your walking group. It can be as easy as your neighbourhood name. Ideas include: Tyandaga Walks the Talk; Brant Hills Walks the Talk etc.

Or, it can be creative, whimsical and fun. Some ideas include: Gaberwalkies, Walkie Talkies, Pretty in Pink, etc.

Step 5.

Invite others to join your Walk the Talk event.

- Post your walking group on **City of Burlington's Walk the Talk Meet Ups** calendar at burlington.ca/walkmeetups.
- Send invitations to others using link from the City of Burlington's Walk the Talk Meetup calendar to family, friends, neighbours and ask them to share or forward to their friends, family and neighbours.
- Set up a Facebook page, Facebook Event, or other social media accounts.
- Place flyers at the meet up location or designated areas in the neighbourhood.
- When your group is out walking together, have some business cards printed with the walking group name, contact numbers to give out to interested people.
- You may even want to create your own branded walking shirts, hat that will let others know who you are. Include burlington.ca/walkmeetups to help spread the word about the where go to find walking group times, locations etc.

Step 6.

Set goals for your group.

- There are lots of ways to help your group get motivated to keep meeting and walking.
- [Sign up for the app available on the ParticipACTION website](#) and begin to track your active minutes daily. As an individual you are eligible to win prizes and you will also be helping to make Burlington become known as one of Canada's Most Active Communities. ParticipACTION's [Community Better Challenge](#) begins **May 31 and runs until June 16**. The more we track our active minutes as a city, the better chances we have to be crowned Canada's most active city.
- Track your progress, your group can set a goal to walk "across Ontario", "across Canada" or perhaps you want to walk to a designated place you would like to "visit" (maybe Fiji or the Himalayas). Choose to count kilometres walked as a collective group or individually, or, perhaps you want to track by minutes and walk over 10,000 minutes in a year.
- When you achieve your goals celebrate as a group! Host a [LOVE MY HOOD](#) event and bring everyone together. Don't forget to invite others to come out and join the celebration and invite them to join in your walking group and plan for your next goal.

Step 7.

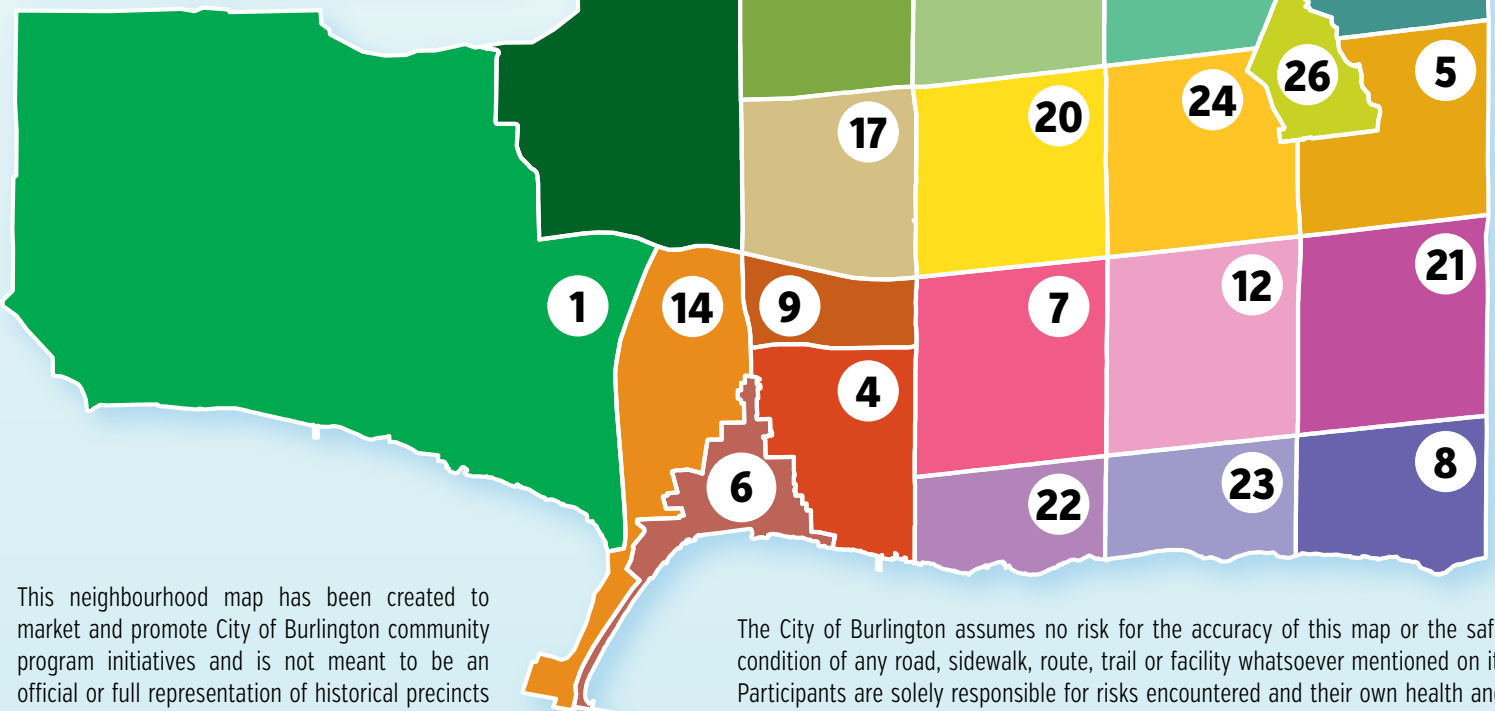
Be flexible.

Once your group gets going, you may find that not everyone wants the same things. Some may be looking for an opportunity to talk about work, while others may not want to talk about work at all. Some may want quick and easy walks, while others may want more challenging walks. It is okay to break into smaller groups and form new groups to meet the needs of everyone. You can also always get together and celebrate and inspire each other to walk more.

Get Outside and Play. Live & Play Every day.

Burlington's Neighbourhoods

1	Aldershot
2	Alton Village
3	Brant Hills
4	Central Burlington
5	Corporate
6	Downtown
7	Dynes
8	Elizabeth Gardens
9	Fairview
10	Headon Forest
11	Kilbride
12	Longmoor
13	Lowville
14	Maple
15	Milcroft
16	Mount Nemo
17	Mountainside
18	North Burlington
19	Orchard
20	Palmer
21	Pinedale
22	Roseland
23	Shoreacres
24	Tansley Woods
25	Tyandaga
26	Uptown



This neighbourhood map has been created to market and promote City of Burlington community program initiatives and is not meant to be an official or full representation of historical precincts or neighbourhood boundaries described within the City of Burlington Official Plan.

The City of Burlington assumes no risk for the accuracy of this map or the safe condition of any road, sidewalk, route, trail or facility whatsoever mentioned on it. Participants are solely responsible for risks encountered and their own health and safety. The City of Burlington shall not be held responsible for any damages and/or claims whatsoever arising from the use of this map.