



Tips on how to lead a Walk

How to start a walk in your community

Do you have an idea for a walk, but you're not sure how to make it happen? Do you want to lead a walk, but you still need an idea? This guide can help you out. **Anyone** can lead a walk. Yes, this means you!

Don't forget: The [One Step at a Time](#) Campaign hosts "Walking Wednesdays" every Wednesday from April - October. Check out www.onestepms.com for theme ideas for Walking Wednesday!

How YOU can take the first Step to start a walking group:

1. Decide where your group will walk.

You can decide to start your walk anywhere you want! If you are leading a group walk, try to pick a starting point with access to parking and bathrooms. Have someone in your group pre-walk the determined course to check for safety precautions and accessibility for everyone you think might join your group.

2. What time will you walk?

If you have a small group, you can communicate with each other to change up the walk. If you are leading a larger group or a walk you hope will take place more than once, we recommend picking a starting time and place that remain the same each time you walk.

3. Pick a contact person and distribute contact information for the walk.

Some walkers will show up late and need to know who to contact in case something happens. Be sure to have a plan or contact person in case of bad weather. Make sure to let participants know if the walk will happen in inclement weather.

4. Decide how far you will walk.

You can decide to walk a mile or several miles together but make sure everyone in your group is physically capable of doing so before determining the length of your walk. One suggestion, especially if this is a new walk is to set a time limit instead of a distance. For beginners, start the group by walking a total of 30 minutes. Designate someone to keep time or set a timer for 15 minutes and then turn around. As you walk more often, you can extend the time period to accommodate everyone in the group.

5. Promote your walk!

Tell walkers around the state about your walk on our Statewide Facebook Group.

Search for: "Walking Groups in Mississippi" and tell our group about your walk!

Tell us if you have a regularly scheduled walk and we will add it to our statewide calendar!

Don't forget to take selfies of your group and upload to social media @onestepms on Twitter, Facebook and Instagram! Tag us at @onestepms and use the hashtag #onestepms

Other Tips for Leading a Walk:

Use Caution!

- Make sure your route is safe and accessible for all types of people.
- Have participants wear bright clothing and have someone bring an umbrella and flashlight.
- If possible, plan your walk on a sidewalk but if you must walk on the side of the street, please remember that pedestrians MUST WALK FACING TRAFFIC.
- Extend your social time after the walk by deciding a place to eat or socialize after the walk. Or better yet, walk to a cafe, socialize with your group and walk back with everyone!
- Have a point person keeping the group together. It's best for someone to always be assigned to walk in the back of the group with the slowest walker.
- Want to make your walk really fun? Have everyone introduce themselves before the walk. Try to talk to someone new. Really want to keep the group lively? Come up with potential conversation topics prepared to discuss during your walk.
- Show the world how much you and your group enjoyed your walk! Take selfies and other photos along the way and share them on social media. Share them as encouragement for others who are walking with groups around Mississippi. Upload photos to Twitter, Facebook and Instagram @onestepms and be sure to use the hashtag #onestepms
- Thank everyone for coming and be sure to tell them how to find out about your next walk!

P.S. Did you see any infrastructure or safety improvements that need attention along your walk?

One Step at a Time Mississippi is a statewide pedestrian advocacy campaign and we want to help your voice be heard. Visit www.onestepms.com and click on the tab for "Where I Walk/Run" to enter thoughts for improvements on your walk.

Creating a Walkable Mississippi. One Step at a Time.

www.onestepms.com

[#onestepms](https://twitter.com/onestepms)

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AT A TIME.**

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**WALKING
WEDNESDAY**

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