

Promote Walking and Biking!

Top 10 Ways to Get Started:

1. Lead by example...walk or bike to run your errands, to work, and for all short distance trips.
2. Provide maps of walking and biking routes and distribute them around your particular environment/neighborhood.
3. Find a champion within your organization who is willing to promote walking and biking.
4. Organize walking or biking groups and promotional events such as “Bike & Walk Day” to encourage a community culture of health and physical activity.
5. Display promotional materials such as posters, fact sheets, maps, and magazines that encourage walking and biking.
6. Host pedestrian and bicycle safety seminars and workshops.
7. Instead of sitting around a table, hold “Walking Meetings” within your organization.
8. Implement flexible scheduling for employees who bike or walk to work to allow for earlier or later arrival and departure times.
9. Integrate passive ways to promote walking and biking, such as inserting messages into announcements, newsletters, payroll stuffers, and emails.
10. Conduct a walkability or bikeability audit (see page 15) and share your results with your local government.



More Ideas —————>