



Walking Groups
Toolkit



WALKING GROUP TIPS

- If walking at dusk or night, make sure you wear a reflection belt or walk with a flashlight.
- Ensure your shoes and clothes are comfortable
- Watch your step for uneven and unlevel areas
- Have a fully charged phone
- Carry mace or a keyring alarm
- Have some idea of your route so you can let others know
- Look out for high traffic areas even if they have sidewalks
- Stay hydrated



WALKING GROUP TIPS

Name a Co-lead

Elect a Co-lead to facilitate the walking group if the walking leader can not be present for the walk.

Start with a shorter distance

Starting with a shorter distance before commmiting to longer walks.

Feel free to play music and have fun

Play music to boost the mood and increase motivation



Pair walkers in groups

Pairing walkers according to walking speed and distance so no one is left behind or alone.

Map your route out

Mapping your route will walkers to reunite if someone gets lost.

MEET OUR WALKING GROUP LEADERS



MELANIE NOISE

Ward 6



BRENDA WYCHE

Ward 6



JANELL GILES

Ward 6



TONY MCDANIEL

Ward 6



BRANDI HOLMES

Ward 1

MEET OUR WALKING GROUP LEADERS



ROSE WHINDLETON

Ward 6



NICOLE SWINSON

Ward 1



ELENA ROONEY

Ward 6



VICKY COINER

Ward 6



EBONY LEACH

Ward 1

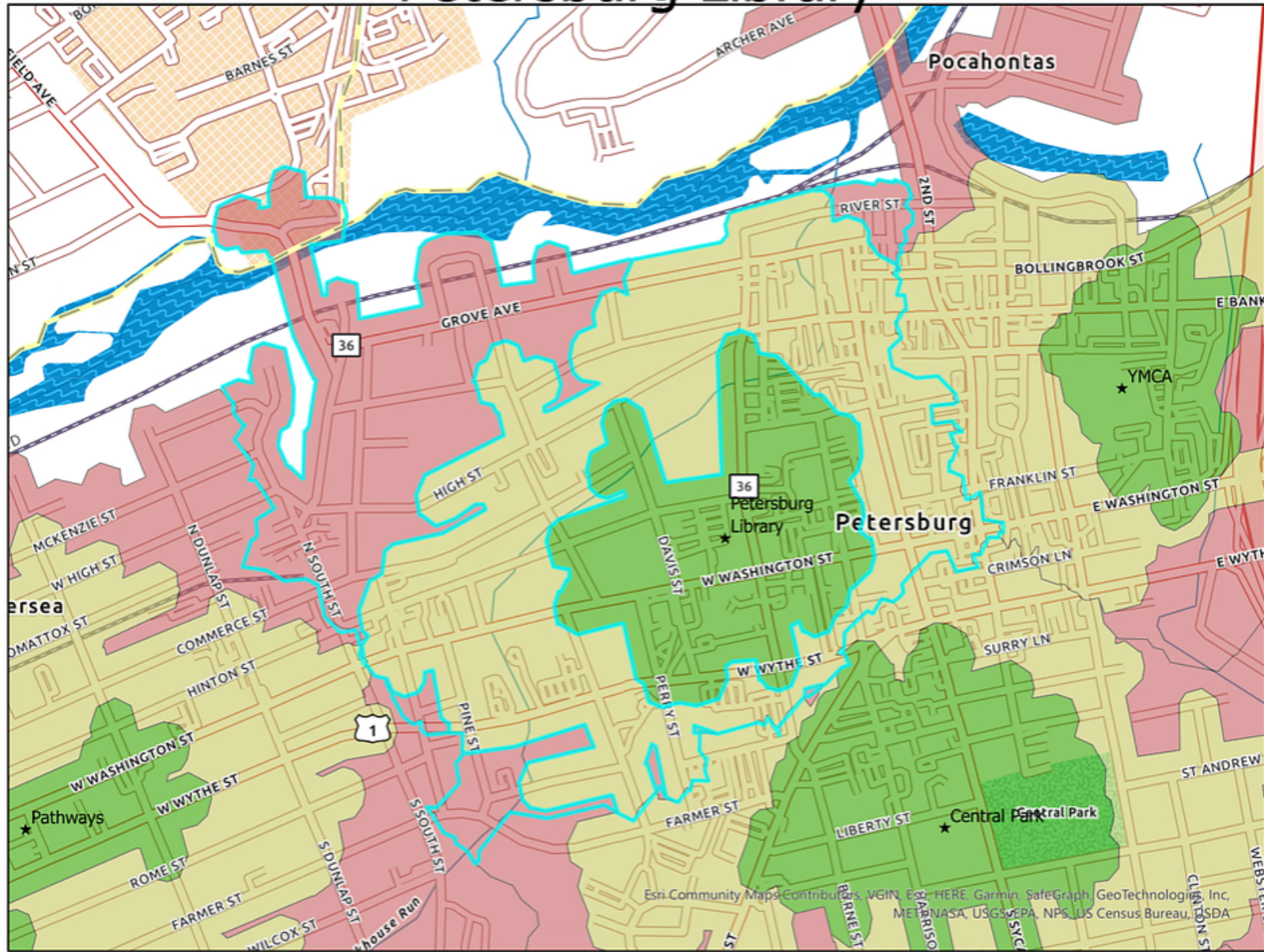


GIDGET MASON

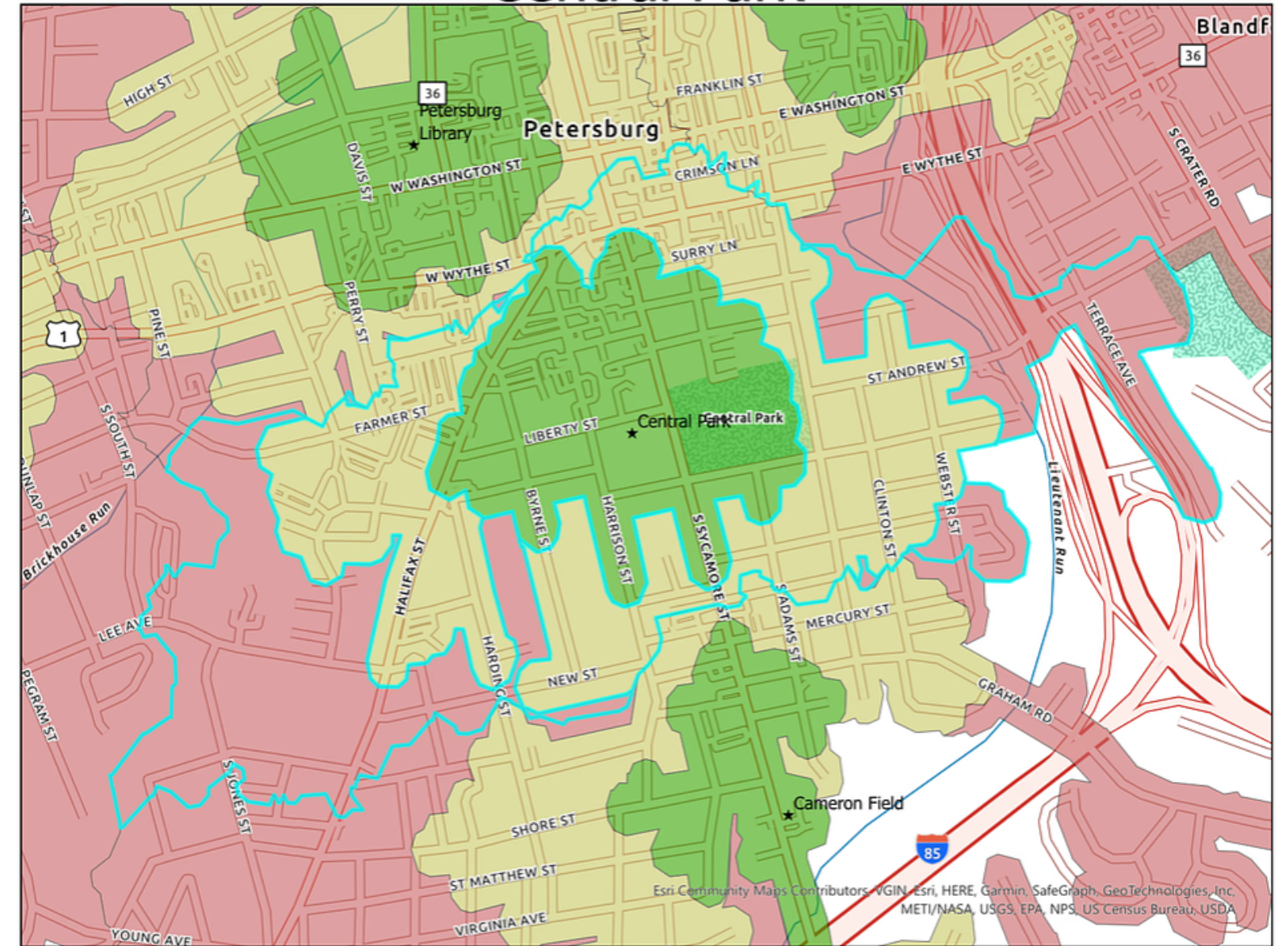
Ward 1

GIS Petersburg Walking Map

Petersburg Library



Central Park



Recommended Walking Places

YMCA

**Legends
Park**

**Appomattox
River Park**

**Cameron
Field**

**Petersburg
Sports
Complex**

WALKING GROUP HINTS & TRICKS



CHOOSE A FUN NAME THAT UNITES THE GROUP

Group names can range from song names, movie title, or anything that unites the groups similarities.



DEVELOP TOPICS TO TALK ABOUT ON WALKS

Presentations are communication tools that can be used as lectures, speeches, reports, and more.



CREATE A GROUP MUSIC PLAYLIST

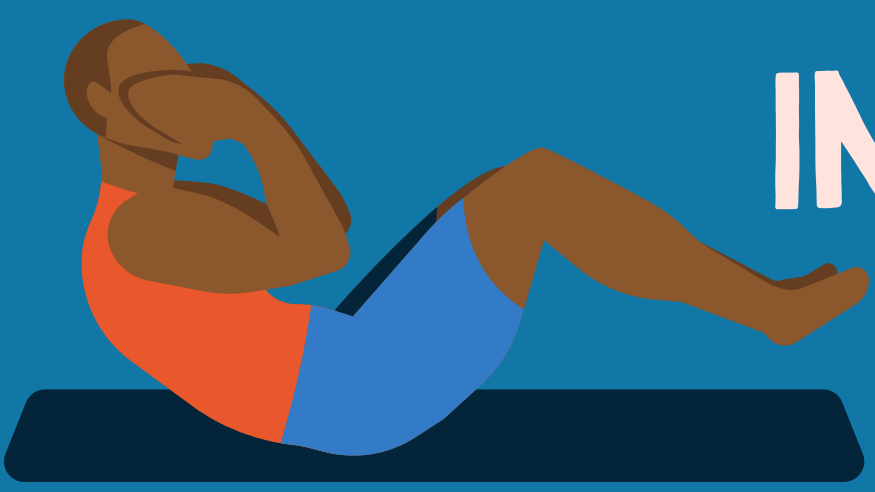
Asking for request can allow you to learn more about group members culture and interests.



SELECT A THEME FOR DIFFERENT WALKS

Celebrate various holidays, events, or meaningful issues to make the walk fun and engaging.

INCLUDED IN PHYSICAL TOOLKIT



Headlamp/flashlight

Speaker

Earmuffs/headband

Gloves

Handwarmers (Hot hands)

Handheld water bottle

Reflective vest

Sound alarms/mace

