

# PROMOTING PHYSICAL ACTIVITY AT THE WORKPLACE

## Map a Walking Route at the Workplace

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## WHAT ARE THE HEALTH BENEFITS OF REGULAR PHYSICAL ACTIVITY?

- Controls weight.
- Reduces risk of health conditions and diseases, including:
  - Heart disease.
  - Stroke.
  - High blood pressure.
  - Type 2 diabetes.
  - Some cancers, e.g., breast cancer, colon cancer.
  - Arthritis.
  - Falls.
  - Improves mood.
- Boosts energy.
- Improves sleep quality.



## HOW MUCH PHYSICAL ACTIVITY IS RECOMMENDED FOR ADULTS?

Physical activity recommendations for adults 18-64 years:

- **Aerobic**
  - Moderate level: Two hours and 30 minutes to five hours per week (150 to 300 minutes per week).  
Examples: Walking briskly, general gardening.
  - **OR** Vigorous level: One hour and 15 minutes per week.  
Examples: Jogging, running.
- **Muscle Strengthening**
  - At least two days a week (e.g., lifting weights, sit-ups), working on all major muscle groups, with 8-12 repetitions for each muscle group per set.



## WHY PROMOTE WALKING AT THE WORKPLACE?

About 80 percent of jobs involve sedentary/light physical activity. Physical inactivity is a critical health problem, as it increases the risk of obesity and several chronic diseases, such as Type 2 diabetes, cardiovascular diseases and some cancers. Walking can:

- Improve employees' health.
- Increase productivity.
- Create a healthy culture at work.
- Increase positivity.
- Boost morale.

### References:

- USDHHS. Physical Activity Guidelines for Americans. USDHHS, Washington DC.
- CDC Website: [cdc.gov/physicalactivity](https://www.cdc.gov/physicalactivity)
- Church TS, Thomas DM, Tudor-Locke C, et al. (2011) Trends over 5 decades in U.S. occupation-related physical activity and their associations with obesity. PLoS One. 6(5): 6:e19657.10.1371/journal.pone.0019657

## HOW TO MAP A WALKING ROUTE

There are two steps for mapping a walking route: 1. Select a walking route; 2. Create and post the map.

### STEP 1: SELECT A WALKING ROUTE

To select a walking route, first you should answer the following questions:

- **Where:** Indoor or outdoor.
- **Who:** Target population, age group.
- **What:** Distance (e.g., 1 mile), starting point and destination.
- **Duration:** For example 10-15 minutes during lunch break.

Determine potential routes around your location. It might be helpful to, first, look at the area map. Then, walk the potential routes.



## CHECKLIST FOR SUCCESS

Walk the intended route at least three different times during the week to get a comprehensive view of walkability. Does the route include all the following?

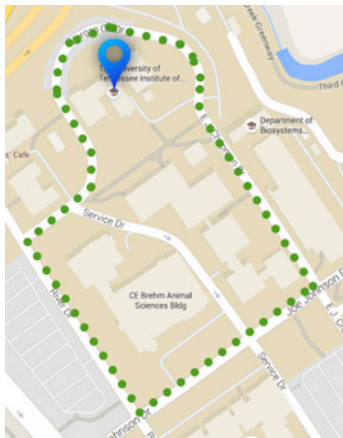
- Adequate level of safety.
  - Sidewalks, crosswalks, lighting.
- Sensory stimulations.
  - Good scenery, interesting views.
- A sense of calm.
- Appropriate level of challenge for intended audience.
- Good flow.
  - Minimal stop lights /traffic issues.

Measure the distance, using available apps, or manually with a measuring wheel (especially for indoor areas where mapping may not be possible).

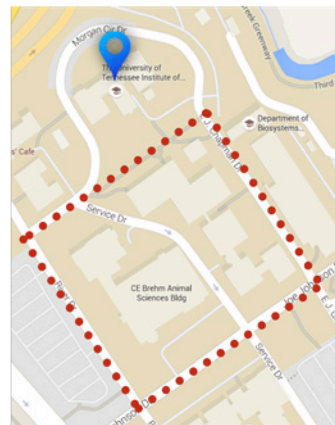
Below is an example of three possible routes adjacent to an office building. Of these potential routes, **Route B** was selected. Why?

- Highly accessible.
- Simple route.
- Simple directions.
- Sidewalks.
- Environmentally stimulating.
- Reasonable duration of time.

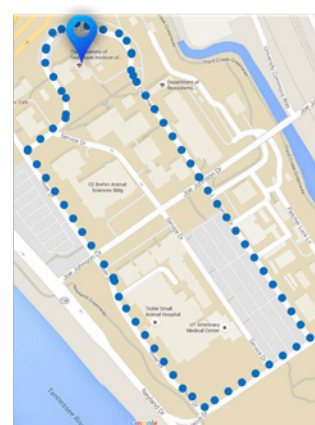
**ROUTE A**



**ROUTE B**






**ROUTE C**

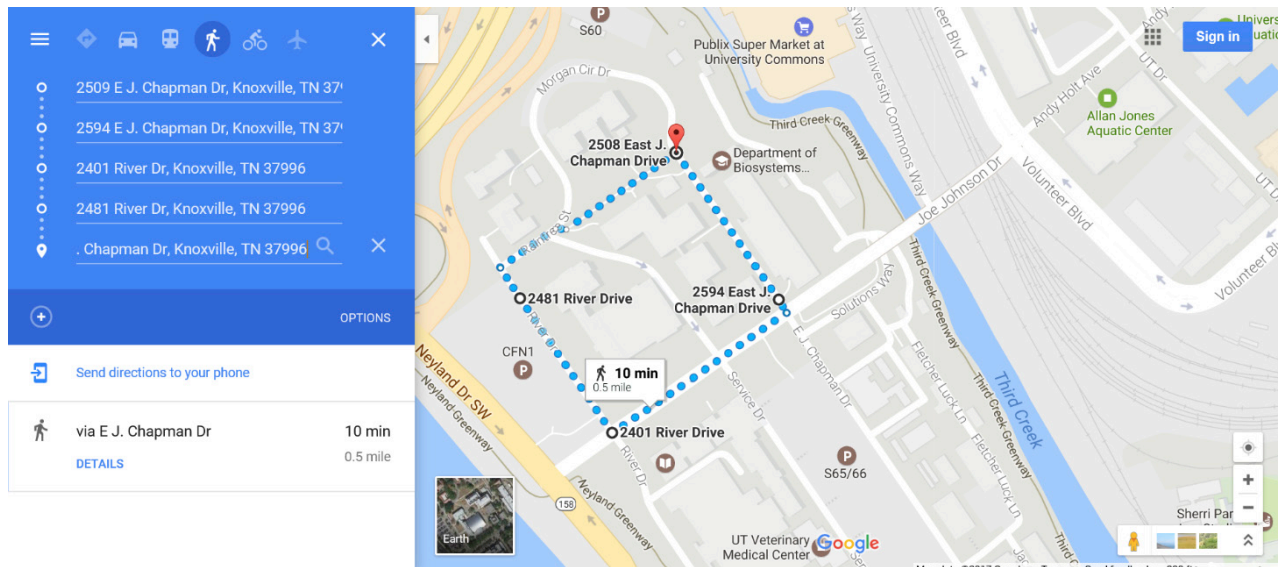


## STEP 2: CREATE A MAP


You can use Google Maps, Google Earth, or several available Apps, to create a map.

### A. Using Google Maps to Create a Mapped Walking Path:

1. Open Google Maps ([google.com/maps](https://google.com/maps))
2. Zoom in the area that you would like to make a map.
3. Click on the “direction” icon  on the top left box.
4. Click on the person  in the blue box.
5. Click the starting point on the map.  
You will see a circle on the map and the address of this point will appear on the blue box on the top left. If you would like to change the start point, simply drag the circle on the map.
6. Click on the first intersection.  
You will see the route, duration and distance on the map, and the address in the blue box.
7. Click the plus sign  on the bottom left side of the blue box.  
A new line will be added to the address list.
8. Click on the next intersection in the map.
9. Repeats steps 7 and 8 until you reach your destination.
10. You can see the distance and duration of the route.
11. When the map is ready, you can capture the screen, by Alt + Print screen (PrtScn) and paste it (Ctrl V) in a Word file.



For a complete description of the steps, please watch this short video: [Create a Walking Map using Google Maps \(youtu.be/yoPATL3CL8I\)](https://youtu.be/yoPATL3CL8I)

After creating the map, you can crop out extra space. First, select the map on your Word document, then click on Format and Crop 

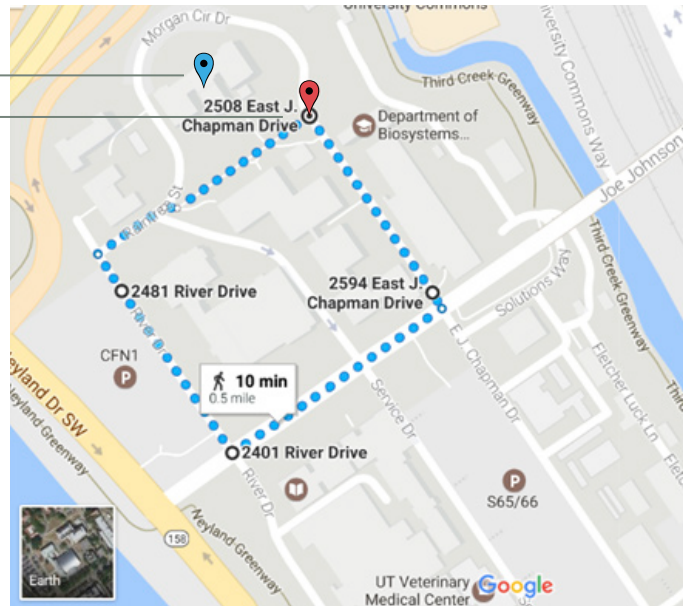
Finally, complete the map by adding:

- Title.
- Building location.
- Legend.
- Logo.
- Time and distance.
- Directions.

You can simply add these information using text boxes. In order to fix the location of text boxes, you can group the text boxes by selecting all text boxes, right click and then Group.

**TITLE** — **University of Tennessee Institute of Agriculture: Outdoor Walking Route**

**OFFICE LOCATION** —  
**START/STOP** —



**DURATION & DISTANCE** —

**DIRECTIONS**  
**Approximately 10 minutes, 0.5 miles**

**DIRECTIONS** —

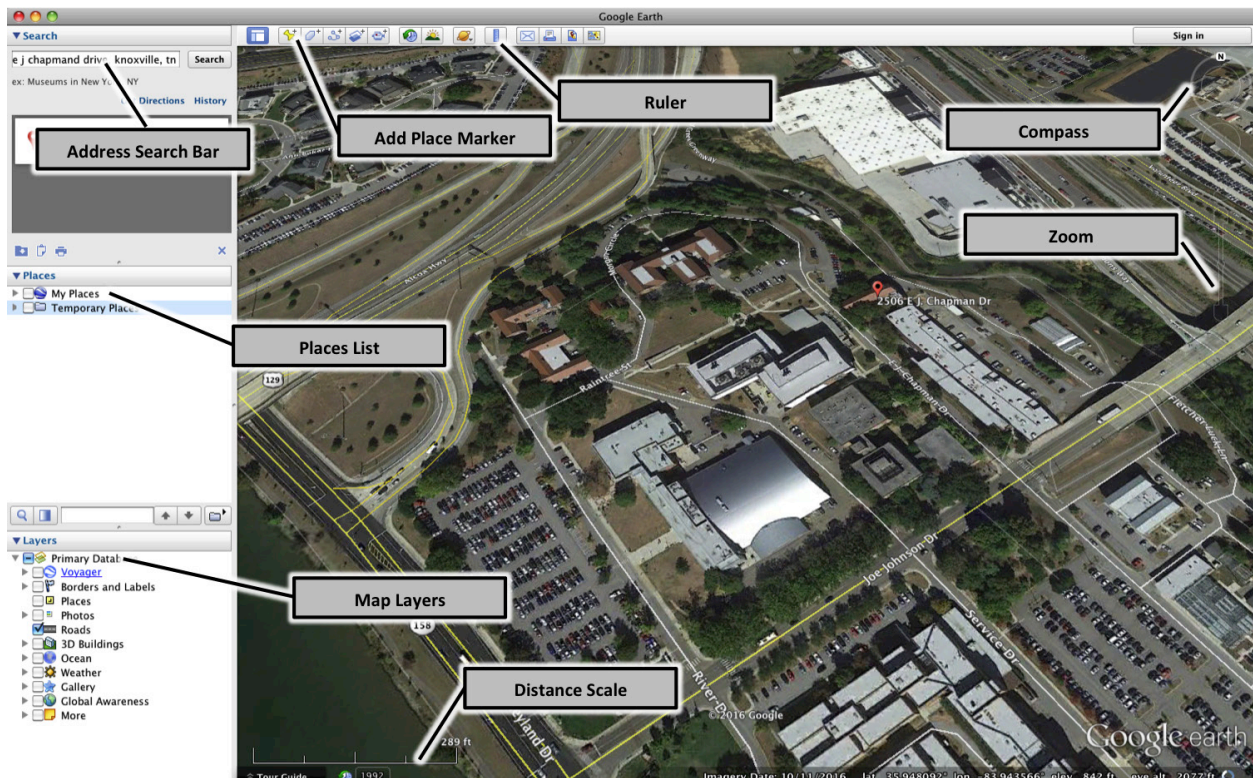
1. Start at the corner where two brick pillars are located.
2. Walk straight down EJ Chapman Drive to Joe Johnson Drive.
3. Take a right at the intersection.
4. Continue walking toward River Drive.
5. Take a right at the intersection.
6. Continue walking toward Raintree Street.
7. Take a right at the intersection and continue until the road splits.
8. Walk across the street to paved pathway.



**LOGO**

## B. Using Google Earth to Create a Mapped Walking Path.

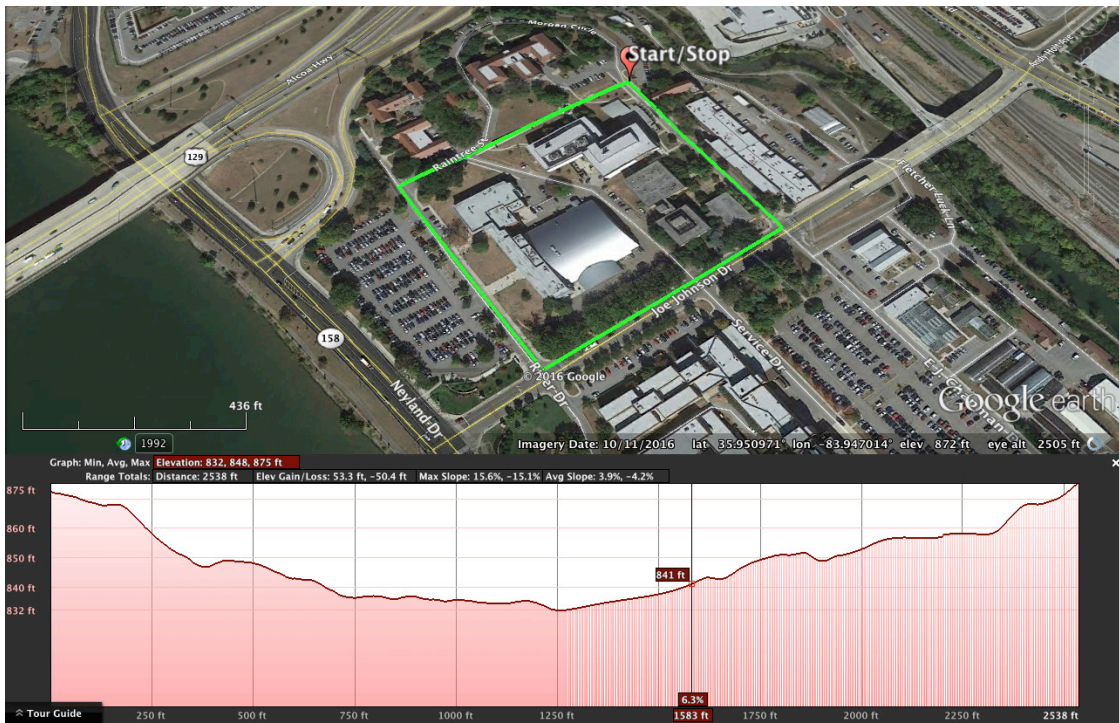
1. Download Google Earth software for free at this link: [google.com/earth](http://google.com/earth).
2. Open Google Earth and type the address in the search bar in the top left and press enter. A red balloon indicates that location on the aerial image. Ensure this is the address you intended.
3. Identify familiar landmarks on the aerial image. Use the zoom until the entire path you wish to map is visible in the screen.
4. Create a Path with a desired distance.
  - a. Click the ruler icon in the center of the toolbar. This brings up a dialogue box titled Ruler. You may need to drag this box away from interfering with your view of the targeted path. Three tabs are located at the top of the box: Line, Path, and Pro. Select the Path tab.
  - b. Use the dropdown menu to select the units of length you wish to report.
  - c. Navigate the mouse to the point of origin for the path and click once. This places a blue dot, or node, on the aerial image. Move the mouse around the path to be measured, placing nodes on the path where there are turns or changes in directions. The path is interpolated between each node and total distance is updated in the dialogue box as nodes are added along the path. Drag and drop nodes as needed to make adjustments. To delete a node, select it and right click. To clear the path, click Clear in the dialogue box.
  - d. Be sure to close the loop back to the point of origin. Adjust the path as needed to obtain the desired distance.
  - e. Click the save button in the dialogue box. A new dialogue box will appear. Give the path a name. Change colors and style here. Click save. The path now appears in red on the aerial image and is listed under the Temporary Places list in the Places list on the left side of the screen.
5. Add a Begin/End place marker.
  - a. Click the yellow pushpin icon in the toolbar. A dialogue box appears.
  - b. Drag and drop the pushpin to the beginning and ending location of the path.
  - c. Give the marker a name in the dialogue box. Use Begin/End.
  - d. Change marker style by clicking the icon to the right of the name bar.
  - e. Change marker color or size in the Style, Color tab in the bottom of the dialogue box.
  - f. Press save.
  - g. Delete the address in the search bar and press enter to remove it from the screen.
6. Adjust the zoom to the desired scale and take a screenshot of the aerial image. Take a screen capture of aerial map.
7. Add a title, text or other logos as needed in PowerPoint or other software.



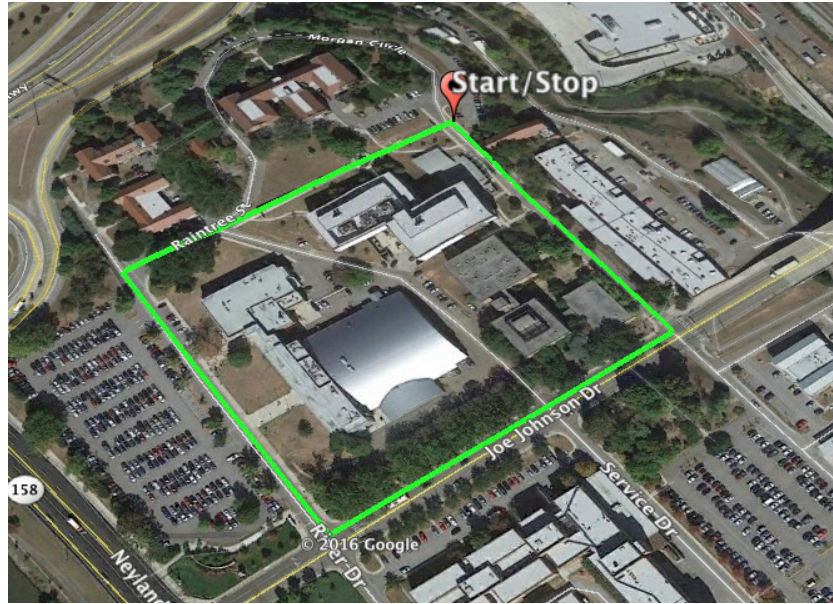




8. Profile View Option: Right click on the path name under Temporary Places. Select Show Elevation Profile.



## University of Tennessee Institute of Agriculture: Outdoor Walking Route



### DIRECTIONS

Approximately 10 minutes, 0.5 miles

1. Start at the corner where two brick pillars are located.
2. Walk straight down EJ Chapman Drive to Joe Johnson Drive.
3. Take a right at the intersection.
4. Continue walking toward River Drive.
5. Take a right at the intersection.
6. Continue walking toward Raintree Street.
7. Take a right at the intersection and continue until the road splits.
8. Walk across the street to paved pathway.
9. Continue to walk on paved pathway until you end at the pillars again.



## WHERE SHOULD MAPS BE POSTED?

Maps should be posted in commonly used areas, including:

- Mail rooms.
- Above copy machines.
- On bulletin boards.
- Near frequently used doors.

## WHAT'S NEXT?

Promote physical activity by:

- Partnering.
  - Example: UT Healthy Lifestyles Committee programs, such as Walk Across TN and May Marathon Month.
- Advertising.
  - Website.
  - Facebook/Twitter/Instagram.
  - Newsletter.
  - Email.

## SIGNS AND MOTIVATIONAL MESSAGES

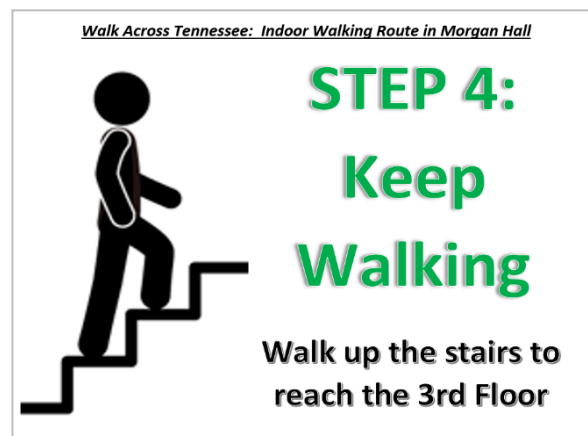
Posting signage and motivational messages along the walking path may increase usage and helps people keep track of their accomplished distance.

Use these examples or create your own signs and motivational messages to post along the walking path. If the signs are to be used outdoors, weatherproofing (i.e., lamination) is needed to ensure the signs can endure rain and dew.

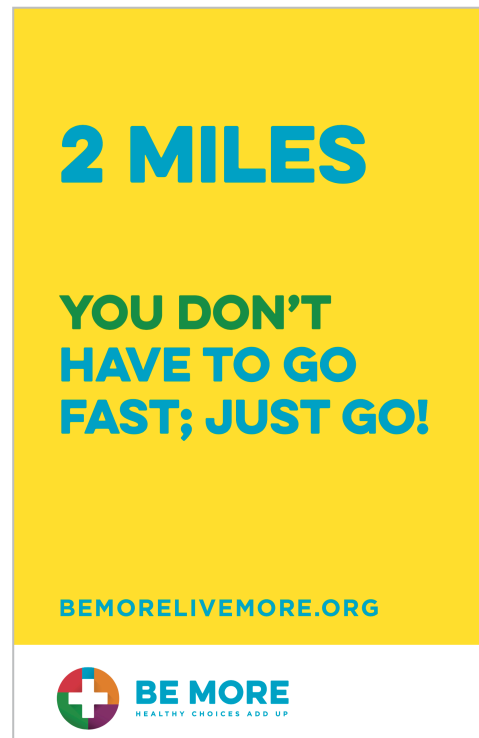
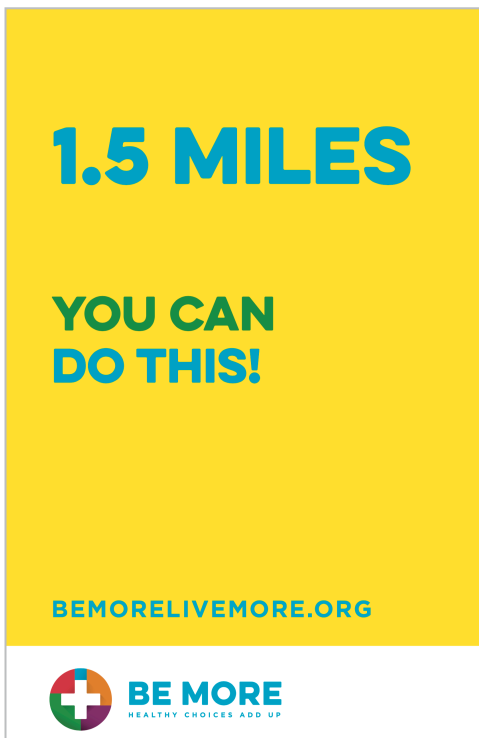
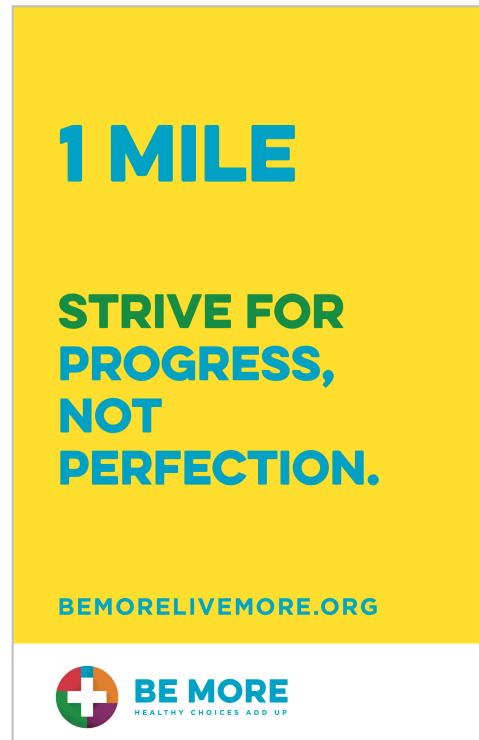
### A. Example of Motivational Messages

- There are 1,440 minutes in a day ... schedule 30 minutes for physical activity.
- The secret of getting ahead is getting started. Be active. Feel better.
- Take the first steps on your journey to a healthier lifestyle. Walk for 30 minutes every day.

### B. Example of Signs for Indoor Walking Routes (see signs at right):



C. Example of Signs for Outdoor Walking Routes<sup>1</sup>



<sup>1</sup>These signs were created as part of the Community Coalitions for Change (C3) grant, awarded to UT Extension by the Centers for Disease Control and Prevention (CDC).



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