## Talk the Walk:
**What’s in Our Community?**

### Objectives:
- Share ideas for walking and other physical activity opportunities.
- Explore ways to enhance community facilities or options.

### What you need:
- Flip chart
- Markers

### Estimated time: 15-20 minutes

<table>
<thead>
<tr>
<th>Notes</th>
<th>Script</th>
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</thead>
<tbody>
<tr>
<td><strong>Introduction</strong></td>
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<tr>
<td>Introduce yourself and objectives for the session.</td>
<td>Welcome to WIN Steps! Today we are going to explore walking opportunities in our community.</td>
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<tr>
<td>After a few minutes, ask if anyone would like to share with the group.</td>
<td>Please turn to your neighbor and describe your favorite place, time of day, and/or setting for a nice walk.</td>
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<tr>
<td></td>
<td>Would anyone like to share what they talked about?</td>
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<td><strong>Where Walk?</strong></td>
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<tr>
<td>Use flip chart to record brainstormed responses to the questions.</td>
<td>We are going to make a list of places people can walk in our community. Please give me your ideas. These can include areas in our town as well as close by, such as hiking locations.</td>
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<tr>
<td></td>
<td>Now let’s go back to our list and mark with a star the ones that are available indoors during inclement weather. Are there some other things to note, for example, is there a walking area that is especially good for spring flowers or fall colors?</td>
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<tr>
<td><strong>Other Physical Activity Options</strong></td>
<td>Let’s make another list. What are some other physical activity opportunities in addition to walking that are available in our community, or close by? This may include community recreation facilities, biking paths, tennis courts, swimming pools, ski areas, etc.</td>
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</tbody>
</table>
## Community Awareness

Facilitate discussion on what this group and/or individuals can do to increase awareness of or availability of walking and other physical activity opportunities.

If you can help move some people to take action, provide as much encouragement and support as possible.

Are people in our community aware of all these opportunities? Are there some simple things that could be done to improve opportunities? What ideas do you have?

Here are a few ideas from other communities:

- Decorate outdoor walking paths with information about the scenery, horticulture or history.
- Design a map and/or brochure for a downtown walking route to see historic or interesting sights.
- Create a circuit work-out plan where you stop and do some stretches at certain locations along a walk path.
- See if any indoor facilities can be opened or made more available during inclement weather. For example: school gyms or playgrounds, office buildings, churches, hospital, etc.
- Decorate stairwells or hallways so people find it more appealing to take the stairs or walk the halls. For example: use artwork of local kids or have local decorators feature some of their techniques.
- Develop brochures and signage indicated number of steps or minutes between locations. For example: outside the bank is a sign “5-minute walk to the post office.”

### What Will You Do?

Write down one thing you will do help others learn about physical activity opportunities or to increase those opportunities.

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