
















Your next meeting could be more productive if you stay on your feet!

Can you switch one sitting meeting into a walking meeting this week?

<i>possibly a Walking Meeting</i>	make it a Walking Meeting	<i>probably a Sitting Meeting</i>
urgent business 	status update 	team meeting 
reflection 	2 or 3 people 	4+ people 
focus on details 	very few notes 	extensive notes 
< 15 min 	15 - 45 min 	> 45 min 
sunny 	cloud/drizzle 	downpour 

- ☒ Use a smart phone to record ideas and action items as they come up.
- ☒ If you take a phone meeting on foot, why not go outside for a walk - *consider using only one ear bud for safety at intersections.*



Walking Meetings are good for you;

*Good for your health.
Good for morale.*

$\frac{1}{2}$ hr walk = 2.7 km
= 3,300 steps

A half-hour walking meeting gives you $\frac{1}{3}$ of the recommended 10,000 steps/day.



What have you said to convince a colleague to **make it a Walking Meeting?**

Send your responses to ArthurOrsini@vch.ca for a chance to win a VCH Umbrella



Make it a **Walking Meeting** from the LGH campus



"In general, we enjoyed the time outside and the ability to walk and talk through various issues. Giving notice to participants that you'd like a walking meeting is a good strategy. The good news is that I surpass my daily goal of 10,000 steps on days when holding Walking Meetings!"
Karin Olson, COO - Coastal Community of Care



Make it a Walking Meeting

Look for ways to have status or update meetings that offer an alternative to sitting at a table.

Walking Meetings offers privacy, fresh air, and an opportunity for sensitive conversation without sitting face to face.

Select a convenient, scenic and low-traffic residential streets - use this map to record your favourite routes and share with colleagues. Timing is easy; start walking, and then at half your allotted meeting time, turn back.

No matter how active you are at the gym or on the weekend, for greater physiological benefits, you have to be moving regularly.

*Waging War Against a Sedentary Lifestyle,
Jack Christie - Dec 31, 2014; Georgia Straight*

A Common Goal

There's something about being side-by-side that puts the problem or ideas before you and allows you to work on them together. You may even be able to listen better when you're walking next to someone rather than sitting across a table.

Harvard Business Review

Make it a 30 min Walking Meeting

Pick up a Walking Meeting Card and get it stamped at **Andrew's on Eighth** (St Andrews Ave & 8th St).

Double stars when raining or drizzly!

Collect 5 stars by Remembrance Day for a gift card or VCH umbrella.

Cards can be picked up at the **LGH Foundation Office, Andrew's on Eighth** or at the **We Walk** table in the LGH main foyer (most) Tuesdays prior to Remembrance Day from 11:30-1pm.

For more information, contact Arthur.Orsini@vch.ca Active Transportation Lead at 778-869-6461

Make it a Walking Meeting

Get a ☆ punch at **Andrew's on Eighth** each Walking Meeting.

Double stars on rainy/drizzly days!

5 stars by Remembrance Day = gift card or VCH Umbrella.

name _____

email _____

Vancouver Coastal Health