WALK N’ TALK!

Move to boost creativity, increase productivity, improve mood, and promote long-term physical health.

Before you go:
- Let friends and colleagues know in advance they’ll be moving.
- Plan a route that everyone can navigate.
- Walking promotes creative thinking so make sure to use your time accordingly!

On your way:
- Check your pace! The quicker you move the more your body and mind will thank you.

At the end:
- Review the outcomes, agree on next-steps and take notes if needed.

Did you know we spend 50-70% of our day being sedentary?

You’re invited to walk/wheel and talk!
- Meetings
- Classes
- De-stress
- Office hours
- Step It Up walks
- #ProfWalks

walk/wheel with me?

move more!

recreation.ubc.ca/walk
There’s more to walk to!
For great routes and destinations visit recreation.ubc.ca/walk

*Walking time is based on an average walking speed of 5km/h.