

# WALK FOR HEALING 2025

## Business Participation Ideas

**May is Global Employees Health and Fitness Month.** The goal is to promote the benefits of a healthy lifestyle through worksite health promotion activities. Here are some ideas for a positive employee experience from Morris & Garritano Insurance, whose employees have participated in Walk for Healing since its inception.

### Build your team:

1. Become a Sponsor of *Walk for Healing* and receive free registrations for your staff (the number of registrations depends on the level of sponsorship). You can also choose to cover any additional registrations beyond your sponsorship limit. This is a great way to support your staff and demonstrate your commitment to Hospice SLO County while investing in your employees' well-being.
2. If you're not a sponsor, you can still create a business team and pay the registration fees for your staff (\$30 per person).
3. Set a goal to donate \$1 for every mile your staff logs, up to \$1,000 (or any limit you're comfortable with).
4. Split the responsibilities throughout your team so it doesn't all fall to one person to facilitate.

### Email communication:

1. Start by sending an initial "Save the Date" email to your staff, outlining the event (what it is, how to participate, and whom it supports), as well as any prizes or incentives being offered.
2. Next, follow up with your Leadership Team and ask for their support in encouraging participation.
3. Once the registration site opens (on May 1, 2025), send an email to your staff announcing the launch.
4. Lastly, host a challenge kick-off with all participants.

### Other fun activities:

- **Question of the Day: Engage participants with fun questions like:**
  - What's your favorite walking shoe?
  - Who is your favorite walking partner? (human or animal answers are welcome!)
  - Where is your favorite place to walk?
  - What music do you listen to when walking?
- **Team Progress Updates:**
  - Share photos from your walk
  - Post on social media to inspire others
- **BINGO: Check out the attached BINGO card for more fun!**

**Celebrate at the end!** Award prizes for various accomplishments like Most Miles, Most Money Raised, BINGO Winner, Biggest Hype Person, and Most Consistent.

**Be sure to share these accomplishments with all of your staff and clients!**

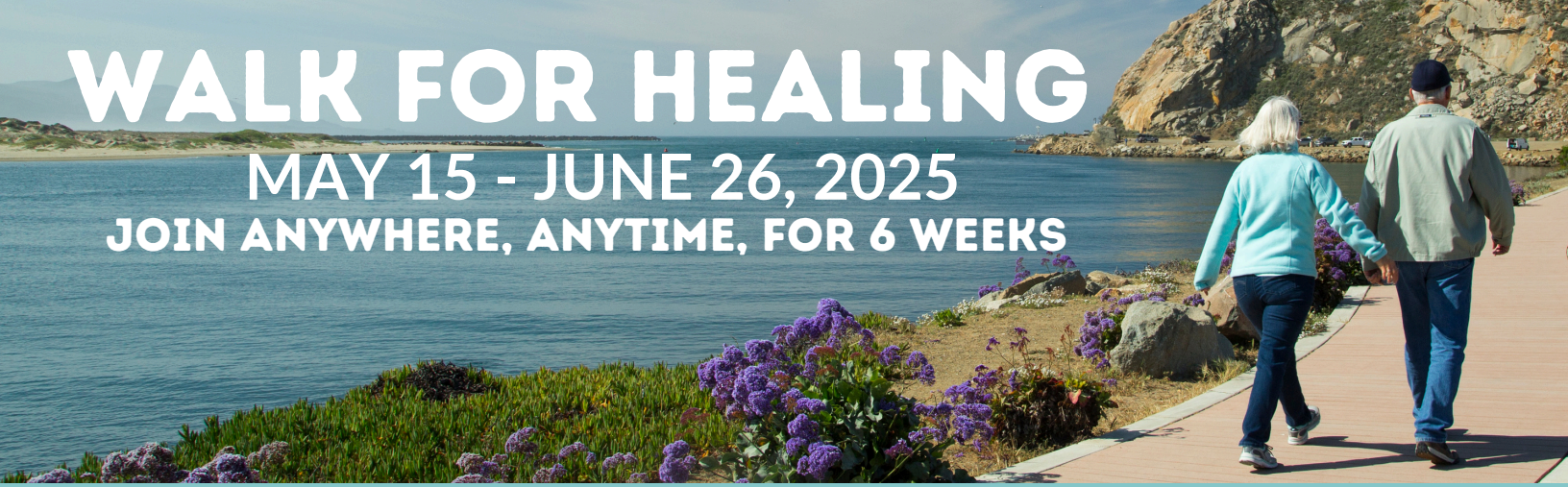


#walkforhealing2025  
#hospiceslocounty

# WALK FOR HEALING


MAY 15 - JUNE 26, 2025

JOIN ANYWHERE, ANYTIME, FOR 6 WEEKS



## BINGO FOR BUSINESSES

As you are out and about on your walks, keep an eye out for these items. Mark them off as they happen. *NOTE: You can only mark one square per walking session.*

Pet a dog	10,000 steps in one day	Walked somewhere new	Walked with a friend	Saw wildlife
Laced up your sneakers	Put on sunscreen	Crossed more than 5 streets	Walked before work	Got a snack while out
Walked with someone new	Walked up a hill		Walked 7 days in one week	Listened to music or podcast
Walked on a nature trail	Walked after work	Saw wildflowers	Walked for 30 minutes	Walked outside
Took a photo	Saw a colorful front door	Saw someone on a bicycle	Saw a cat	Walked during lunch