A Healthier You Starts Here

Monday Mile Tool Kit

All you need to start a Monday Mile in your school, workplace or community.
HOW TO ORGANIZE A MONDAY MILE:

1. IDENTIFY A WALKING/JOGGING ROUTE
The first thing you need to do is figure out where you will be doing your mile. You may want to make your office building, school gym, centrally-located park or well-known landmark the start and end point to make it easier for people who want to use their lunch hour for the exercise. To create your own route, go here: http://www.mapmywalk.com/routes/create/

2. ANNOUNCE YOUR MONDAY MILE
Send out an announcement via interoffice or school email, digital banners on your website, or post flyers that list the date and time of your event as well as where participants should meet. Make sure to include contact information in case people have questions.

3. PUT UP YOUR MONDAY MILE MARKERS
Set up your route on the morning of your Monday Mile. At the ¼, ½, ¾ and 1 mile points on your route, place markers to indicate how far participants have traveled. Depending on how your area is developed, you can stick the mile markers in the ground or affix markers to posts or trees. There are helpful printable markers later in this document.

4. SEND OUT REMINDER EMAIL OR POST NEW FLYERS
Make sure to remind everyone on the day of your event that the Monday Mile will be happening on that day. Include the time and meeting place in your announcement.

5. MEET AND MILE
Show up on time, greet participants, and enjoy your Monday Mile. Don’t forget to remove your markers when you are finished (you may even want to stay towards the back of your group and remove the markers as you follow the route).

6. THANK EVERYONE FOR PARTICIPATING
Send an office- or school-wide email or website article thanking people for participating and encouraging others to attend the next event. Include the number of people that participated and feature any VIP participants such as department heads, high-level executives, professors, administrators, local politicians and other luminaries and celebrities!
10 STRETCHING TIPS

1. Warm up muscles before stretching by walking or doing other gentle movements.

2. Start slow and stretch gently. Never stretch to the point of pain.

3. Breathe slowly and rhythmically as you stretch.

4. Use proper posture when stretching.

5. Slowly increase your stretch as you feel your muscles relax. Don’t bounce.

6. Hold each stretch for about 20 to 30 seconds.

7. Try stretching while talking on the phone, reading email or doing chores.

8. Stretch with a buddy. Use each other for resistance, but be gentle.

9. Set reminders to stretch. Use your online calendar or watch alarm.

10. Keep a copy of these stretching tips handy.

Jump start your week!
Entering Monday Mile

START

MOVE IT MONDAY!
Keep up the Good Walk :)
Half Way! Keep it up!
Monday Mile
This Way to Better Health
MOVE IT MONDAY!
Monday Mile
Finish Line
Great work!

MOVE IT MONDAY!
Digital Resources

Below are digital banners for your workplace, school or community website. Link them to a place on your site where people can find more information about date, time and location of your Monday Mile. Click on banners to download.

Event template on next page.
Join us for a Monday Mile walk!

A good place to map your mile is: http://www.mapmywalk.com/