

GM Daily Mile Motivating Colleagues

Help colleagues find inspiration & set bite sized goals

- Help them find the 1 thing that will inspire them to walk, such as time; outdoors, away from the phone, the desk, time to think, socialise, get some fresh air.
- Suggest some simple achievable goals that include a '**walking**' goal & a '**why**' goal. For example:

“I will walk a GM Daily Mile twice a week to **get some fresh air**”

“I will walk once this week and twice next week to **help me to sleep better**”

“I will walk once this week, twice next week and **meet my friends**”

- Share the health benefits of walking so colleagues can see the purpose.

Make it fun & mix it up

- When something is enjoyable people are more likely to stick with it. Consider introducing challenges
- ✓ Cross team/departmental/cross site/cross shift challenges.
- ✓ Set a total mileage target and see who reaches it first. Working together can be very motivating.
- ✓ Create a competition for colleagues to find new 1 mile routes from the workplace to discover new sights to keep things fresh.
- ✓ Share them on the [Go Jauntly App](#) and on the GM Daily Mile section of the workplace notice board.
- ✓ Choose a destination, find out how many miles from the workplace and set a challenge to walk the equivalent in a set time. (i.e. Manchester to Edinburgh is 220 miles aim to achieve in 2 weeks as a group).

Rewarding progress

- For colleagues who want to, introduce a GM Daily Mile walker of the week and share in the workplace.
- Reward group progress and achievement when walking with others or sharing a goal.
- Be kind to yourself when things don't go to plan

A Walking culture

- Create monthly or bi-monthly GM Daily Mile campaigns such as;
Take A Walking Lunch month
Walking and Talking month
Netwalking Month
Walk to work month
- Aim to embed the culture across the organisation and encourage managers to lead by example and acknowledge efforts by others.

Track your progress

- Take a look at the [GM Daily Mile Minute Tracker](#) or [GM Daily Mile Step Tracker](#) to record either number of walks completed, distance covered, time spent walking, number of days walked.
- Or maybe you would prefer to keep a [GM Daily Mile Walk Diary](#) to record your walks and make a note of how you felt before and after- it's great to look back on your progress.
- You may wish to explore use of tech such as a pedometer or step counter to keep track of how many steps you're doing.
- If you have access to a smart phone there are apps & websites that can help track distance and count steps too. [Mapping apps link](#) & [Tracking apps link](#)