

Meeting on the Move at CWRU

Brought to you by the Wellness Program

A study released in 2017 noted that sedentary work leads to adverse health outcomes and coined the phrase "sitting is the new smoking." Walking meetings can help break up periods of prolonged sitting.

The COVID-19 pandemic has made many of us rethink where and how we do our work. For some, the "office" is now anywhere and everywhere. At CWRU, walking meetings may have personal benefits as well as contribute to improved organizational outcomes.

What is a Walking Meeting?

A walking meeting is simply that: a meeting that takes place during a walk instead of a static physical location like an office, conference room, or coffee shop. Not working on campus? This applies to phone calls, too!



Benefits

of a walking meeting
(with some occurring in
as few as 5 minutes!)

Increases executive function, creative thinking, and innovation

Improves engagement and helps address burnout and disconnectedness

Helps build positive relationships with team members

Reduces stress and improves mental and physical health

Provides a break from technology and office distractions

Boosts mind-body connection, happiness, and sociability



Tips for Success

- Best for meetings that explore possible solutions rather than require detailed note-taking
- Most suitable for 2-3 people
- Suggest the idea to meeting attendees in advance
- Have a goal and a mental agenda for the meeting
- Plan a route and consider factors such as noise level and nearby construction
- Check the weather and have a backup plan
- Wear loose clothing, comfortable shoes, and bring water along with you
- Keep it short. Best for 10-30-minute meetings
- **Supervisors:** Make sure your team knows that walking meetings are not only allowed but encouraged on a reasonable basis

Resources

1. <https://hbr.org/2015/08/how-to-do-walking-meetings-right>
2. <https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>
3. <https://www.psychologytoday.com/us/blog/how-healing-works/202103/walking-meetings-the-future-safely-collaborating>
4. <https://www.acpjournals.org/doi/10.7326/M17-0212>
5. <https://www.forbes.com/sites/forbesbusinesscouncil/2023/02/15/how-leaders-can-hold-walking-meetings-successfully/?sh=313alf4d48be>
6. <https://fellow.app/blog/meetings/how-to-have-a-walking-meeting-the-right-way/>

Active Meeting in Progress



Contact Wellness at dxd516@case.edu to request a walking meeting button and lanyard!