



# RECREATION SERVICES WALKING CLUB FAQ

## WHAT IS THE WALKING COMMUNITY?

- › The Recreation Services Walking Club promotes health and wellness through regular physical activity. Our goal is to help one another achieve 30 minutes of activity every day.
- › We use the online program [uwalk.ca](https://uwalk.ca) to track steps and activity minutes, set personal daily goals, and join individual and team challenges.

## WHO CAN JOIN?

- › All University of Winnipeg students, staff, and faculty as well as their friends and family are invited to join.

## WHY SHOULD I JOIN THE UWALK COMMUNITY?

- › It's free to join!
- › Walking is one of the easiest ways to get active because it can be done anywhere and doesn't cost anything to participate.
- › Walking can improve your cardiovascular health, decrease stress, boost energy levels, and contribute to lifelong health. See the links below for more information on health benefits.
- › Many jobs require sitting for prolonged periods of time and physical inactivity has been linked to negative health outcomes.
- › We host individual and team competitions with prizes to help motivate you.

## CAN I RUN OR ROLL INSTEAD OF WALKING?

- › Yes! You can log steps, minutes, or distances so you can track your progress no matter how you move. Any moderate to vigorous physical activity can be tracked, even without a fitness tracker or pedometer.

## HOW DO I JOIN THE UW RECREATION SERVICES CLUB?

- › Go to [uwalk.ca](https://uwalk.ca) to sign up and log in.
- › From the “My Home” page, you can click your name in the top right corner to edit your profile and set goals.
- › Use “Find” to search for “UW Recreation Services” and join our community.

## WHERE CAN I FIND MORE INFORMATION ABOUT UWALK?

- › Check out [UWALK Frequently Asked Questions](#).

## I JOINED THE UW RECREATION SERVICES CLUB — NOW WHAT?

- › Get moving for 30 minutes every day, 15 minutes twice a day, or 10 minutes three times a day. Walk to lunch or to the store, take a walking coffee break, jog the Duckworth Centre Track, take the stairs, or walk the dog after dinner. It all adds up!
- › Go to [uwalk.ca](https://uwalk.ca) to track your steps and activity minutes, set your personal goals, and see what challenges are coming up

## I LOVE TO WALK — WHERE CAN I FIND MORE INFORMATION ABOUT WALKING? (LINKS)

**Heart and Stroke Foundation** - *Walk Your Way to Better Health*

**Canada Walks** - *Benefits of Walking*

**Winnipeg Trails Association**

**Trails Manitoba**

**Oak Hammock Marsh** - *Trails*

**Fort Whyte** - *Trails*

**Nature Manitoba** - *Outings*

**Meetup** - *Walking Groups in Winnipeg*

**Harvard Health Blog** - *Walking Steps to Health*

**Mayo Clinic** - *Walking*

## WHERE CAN I FIND MORE INFORMATION ABOUT WELLNESS AT UWINNIPEG?

- › **Staff Wellness**
- › **Student Wellness**

## WHAT IS THE WELLNESS & SUSTAINABILITY ACCOUNT AND HOW DO I ACCESS IT?

- › The purpose of the Wellness & Sustainability account is to encourage healthy living for UWinnipeg employees as well as better health for our communities and the environment by helping to offset the cost of physical activity, wellness programs, recycling, and sustainable transportation.
- › All eligible UWinnipeg employees may be reimbursed up to \$100 for costs related to healthy and sustainable living including things like gym memberships, recreation programs, fitness equipment, bicycle parts, programmable thermostats, and more!
- › Check out the details of the **Wellness & Sustainability Account** and print a claim form **here**.