

Guided Walks



Break up your day with a walk break! This walk is for everyone at any level and includes a warm up, drills that gradually increase in intensity, stairs or hills if possible, and a cool down with stretches. During the walk, participants will learn the benefits of walking, good form, proper footwear, ways to increase intensity and other healthy tips.

2026 Dates:

- July 15
- August 12
- September 16
- October 14

Time:

11:45 a.m. – 12:15 p.m.
and 12:30 – 1:00 p.m.

Location:

Meet at City Hall 1st Floor Rotunda
Dress for the weather. If raining, the walk will be held inside.

Healthy Reward Points:

Earn 5 Healthy Reward points for each walk.

Make sure to sign in with the Workforce Health Coach on the day of event to receive Healthy Reward points.

To register, log into the wellness portal at www.workforcehealth.org/cityofmilwaukee and locate the “Healthy Rewards Program” heading. Select “Schedule Workforce Health Wellness Programs”



Workforce Health