

Walking Group – Division of Liquor Control (Tussing Road)



Jason Leatherman, Cheryl Hunter and Tom Alexander.

The Division of Liquor Control has a group of employees that walk the employee parking lot on a regular basis during their mid-morning and afternoon breaks. The parking lot has been measured to make it easier for employees to track their mileage. The east lot loop is 2,600 ft. = .49 miles; the west lot loop is 1,660 ft. = .31 miles; and to Tussing Road and back is 3,400 ft. = .64 miles. The walking group has also created a tracking log to calculate their miles walked each morning and afternoon. On average, they approximately walk 2 miles per day. Employees enjoy the opportunity to fit in exercise while at work...and every step counts!!

Testimonials:

*"I enjoy walking because it helps make the day less stressful and it's a good way to help me stay fit." **Jason Leatherman***

*"Sometimes working full time and raising a family makes it hard to find time for exercise, but walking is an easy form of exercise that I can squeeze into my day. I walk to try to help keep my diabetes in check and to give me energy to keep up with the kids and the rest of my day." **Cheryl Hunter***

*"I walk for several reasons but mainly for stress relief, the chance to get away from the desk for a few moments, get some fresh air and basically recharge a little bit. It's also nice to have the support of a small group of friends when you walk because it gives you a little time for relaxed conversation to go along with the health benefits of the mere walk itself. Some people like to read on their break, some like to make appointments or connect with someone on the phone, the walk at break time has been my preference and has always calmed me and made me feel refreshed and ready to take on the rest of the day." **Tom Alexander***