



## Chapter Walk Initiative – Guidance for Well-Being Liaisons

Walking is a foundational well-being habit that supports physical movement, mental clarity, and connection with the outdoors. In recognition of **Well-Being Week in Law**, the **National Well-Being Committee** is inviting AILA chapters to take part in a simple, flexible walking initiative during the first 10 days of **May**.

This activity is designed to be **easy to implement, adaptable to each chapter's capacity**, and accessible to members regardless of location or schedule.

### The Ask

AILA chapters are encouraged to participate in **one of two ways**, depending on what works best for your chapter and membership:

- **Host a group walk** for chapter members in cities or regions where this is feasible, **or**
- **Encourage members to walk individually** or with colleagues at their firm over the course of the designated period (May 1 – May 10, 2026).

There is no required route, pace, or schedule — the goal is participation and movement, not performance.

### Tracking & Reporting

Each participating member should track the **total number of miles they walk** during the designated period.

At the conclusion of the activity, chapters will submit the following information using the designated form:

- Total number of participating members
- Total number of miles walked by the chapter

The chapter with the **highest average miles walked per participant** will receive a featured article shoutout on AILA.org.

Members are welcome to use whatever tool they prefer to track their distance walked. Some options include Strava, Map My Run, Google Fit, and Nike Run Club.

Please submit your information via this [form](#) by May 13, 2026.

## **Why Participate?**

This initiative is intended to:

- Offer a low-barrier, inclusive well-being activity for members
- Support chapter-level engagement during Well-Being Week in Law
- Lay the groundwork for expanded and enhanced well-being programming in future years

Your role as a chapter well-being liaison is essential in helping tailor this effort to what will resonate most with your members — whether that's a single group walk, informal encouragement, or creative local adaptations.