The name says it all. Walk2Connect invests in the positive connections that are fostered while walking or moving with others at a 1-3 mph pace. This unique Colorado-based social business focuses on benefits related to social, emotional, communal, and spiritual health. We adopt an 'alongside' approach to our relationships, our families, people who are different from us, and the places surrounding where we live, work, and play,” says Walk2Connect Founder, Jonathon Stalls. "In this way, we address societal challenges related to depression, isolation, understanding inequity, gaps in community connections, sedentary lifestyles, and so much more."

Walk2Connect has created a whole-health model for training a growing network of Walking Movement Leaders, who self-select by leading their own walks in their own communities or with a partner agency. Leaders often move through various programs, walks, and opportunities with Walk2Connect and blossom as informed advocates around pedestrian safety, built environment challenges, and the benefits of walkable community design. They are encouraged to invite public officials and decision makers out on their walks to provide experiential knowledge on what it’s like to go by foot in their specific district or community. Individuals who join the Walk2Connect community are encouraged to forge their own path as a Walking Movement Leader, which may not always involve leading walks. For example, someone may commit to walk more on their own and within a one mile radius of where they live or work; someone else may train for a long-distance walking experience or move to a more walkable neighborhood.

Walk2Connect’s 120 + trained Walking Movement Leaders facilitate anywhere from 20 to 40 free or low-cost walks per week in Colorado. These events take place in urban, suburban, mountain, and rural communities and range from one-hour strolls to multi-day 20-30 mile walking experiences. The social business model makes it easy and fun for leaders to develop featured fee-based events such as themed art and architecture walks. About 400-500 participants walk a total distance of 1,400 miles per month.

- Founded: 2012
- Headquarters: Denver, CO
- Website: www.walk2connect.com
- Mission: To create whole health outcomes through innovative walking programs focused on connections to others, to place, and to self.
- Walking as a Practice typology: Physical Health and Connection, Inward and Outward Journey
The organization wears a membership name and tag of #Lifeat3MPH in all of their communication channels, as an anchor for how they want to impact walking culture within and outside of their organized walking events. In addition to their robust grassroots walking programs, Walk2Connect largely sustains itself through focused contractual relationships with local and regional non-profits, businesses, and a variety of government and public health agencies. Through education, membership, and connection-based community partnerships Walk2Connect hopes to create a variety of pathways for individuals, groups, and organizations to invest in and help steward the whole-health benefits of walking together.

**Action Item:** Scout a 2-3 mile (1-1.5 hour) walking route in your community, gather some friends, find a time to walk it together, notice the whole health benefits, and snap photos to share them with us by tagging #Lifeat3MPH!