



WALKING MOAI PARTICIPANT GUIDE

WHAT IS A MOAI?

Moai is a concept from Okinawa, Japan, that roughly means coming together for a common purpose. These moais, or groups, bond over a common interest, encourage each other throughout life and have an incredible impact on overall well-being. We want to replicate this opportunity for connection by forming moais focused on walking (walking groups). Moais are made up of five to eight people who meet weekly (one 30-minute session or two 15-minute sessions) for at least 10 weeks. In addition to building positive relationships and social connection, walking moais can enjoy exploring by foot.

10-WEEK MOAI

Walking Moais are primarily a social activity—exercise is a secondary focus. Why the emphasis on social activity? Social connection and positive relationships have a significant and powerful impact on overall well-being. So we've created a friendly, 10-week motivation that encourages you to get talking and walking! Your moai can participate for a prize. Prizes will vary by campus, and your campus will announce categories and prizes before the Moai begins. Moai group metrics must be reported each week and participants must complete at least six of the 10 weeks to be considered for prizes.

JOIN A WALKING MOAI

You can join a moai by simply forming a group of five to eight members and selecting a Moai Leader to register your Moai. You can also attend a Launch Event or complete a Moai Interest Form and you will be placed in a Moai with similar preferences for day of the week, time of day and pace of walking.



MOAI LEADERS

Moai Leaders help organize and track their moai's attendance. Responsibilities include:

- Setting a place and time for the group to meet
- Communicating with members and supporting them if they miss a walk.
- Collecting and reporting attendance.
- Taking photos and sharing them with the well-being leader.

FREQUENTLY ASKED QUESTIONS

Who can win prizes?

Groups and participants who actively participate and complete at least six of the 10 sessions

Can we have people join our team after the moai has launched?

Yes. People can join a group or start a group at any point throughout the 10 weeks. The ideal size is five to eight people. If your group is so popular it gets larger than nine, consider dividing up into two groups. If you have open spots in your group, your group may be asked to include an additional member.

What happens to my group after the 10 weeks?

Your group can continue walking together after the 10 weeks end or you can form new groups at the next moai launch.