



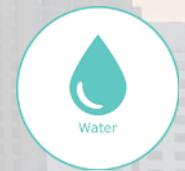
2026 Participant Guide  
for Buckhead Businesses

April 1 – April 30

# Livable Buckhead: Supporting Employers

Livable Buckhead is a 501c3 nonprofit organization focused on strengthening Buckhead as a place where employers succeed and people thrive. Our work supports Buckhead businesses and their employees by improving how people move, connect, and experience the district each day.

Workforce well-being is central to this effort. Long commutes, congestion, and limited opportunities for movement during the workday contribute to stress, burnout, and reduced productivity. Livable Buckhead partners with employers to reduce these pressures by making it easier to walk, take transit, and build healthier routines into daily work life.



## Why Movement Matters at Work

Programs like PATH400, The Buc shuttle, employer commute support, and district-wide wellness initiatives reflect Buckhead's investment in its workforce. buckheadWALKS! extends this work by offering employers a practical, flexible way to support physical and mental health, strengthen team connection, and participate in a community-wide effort centered on the people who work in Buckhead.

### Walking Works

- A 10–15 minute walk can quickly improve focus, creativity, and mood (*Stanford University*).
- Regular movement during the workday is linked to up to 30 percent lower stress levels (*American Psychological Association*).
- Consistent walking breaks support higher job satisfaction and reduced fatigue (*Harvard T.H. Chan School of Public Health*).
- Walking helps offset the health and productivity risks of prolonged sitting (*CDC*).



## What Is buckheadWALKS!?

**buckheadWALKS!** is a free, month-long walking challenge that encourages employees who work in Buckhead to stay active, connect with coworkers, and engage with the district through simple, flexible participation.

- Challenge Dates: **April 1 – April 30, 2026**
- Deadline for workplaces to join: **Friday, March 27, 2026**
- Participants may join at any time during the challenge



### Program Snapshot

- Free, month-long walking challenge
- Open to employees who work in Buckhead
- Designed for flexibility and broad participation
- Powered by the Wellable platform

**Wellable**

## Designed to Fit Every Workplace

What sets buckheadWALKS! apart is its flexibility. The challenge is designed to plug easily into existing workplace cultures while also offering opportunities for customization. Companies can participate with minimal lift or choose to layer in their own activities, events, and goals that align with internal wellness, engagement, or sustainability initiatives.

Whether your organization is looking for a simple, turnkey wellness program or a more tailored team-building experience, buckheadWALKS! can meet you where you are.

## Two Ways to Participate

### Low-Lift Option

Encourage employees to track steps and join Livable Buckhead's scheduled activities.

### Customized Option

Layer in workplace events, internal incentives, or team goals that align with your culture.



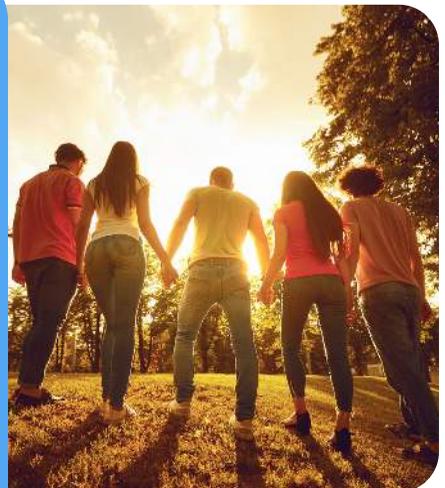
## Why HR Teams Choose buckheadWALKS!

Walking is one of the most accessible and effective ways to support employee wellness. When paired with friendly competition and shared goals, it becomes a powerful tool for reducing stress, improving focus, and strengthening team dynamics.

For HR teams, buckheadWALKS! offers a low-cost, low-barrier wellness program with proven engagement, supports mental health and morale during the workday, encourages cross-department collaboration, and provides positive visibility as part of a district-wide initiative.

### HR Outcomes Employers Care About

- Reduced workplace stress
- Increased employee engagement
- Cross-team interaction and connection
- Positive participation in a shared goal



## How Participation Works

Workplaces register as a team through Livable Buckhead and are added to the Wellable platform. Employees then join their company team, sync a fitness tracker or smartphone, and begin earning points by tracking steps and completing activities.

A minimum of four participants is required to qualify as a workplace team. Employees may continue to join throughout the challenge period.

### **Get Your Team Together!**

Join now and step into a healthier, more connected workplace.

### **Need Your Team or Company Added?**

If you or your team has never participated in the buckheadWALKS! challenge before, contact Livable Buckhead to have your team added.

**Contact: [jenna@livablebuckhead.org](mailto:jenna@livablebuckhead.org)**

A minimum of four people are required per team. If there are less than four people on your team, you will be moved to the Buckhead Community team and participate as an individual.

## Two Easy Ways to Participate

Once registered, companies can participate in two ways. Employers may take a plug-and-play approach by encouraging employees to track steps and join scheduled buckheadWALKS! activities, or they may customize the experience by layering in workplace-specific events or initiatives.

### Plug-and-Play

Best for teams with limited time or capacity.

- Minimal setup required once the workplace is registered
- Employees participate independently by tracking steps and joining built-in activities
- Ideal for decentralized teams or hybrid workplaces
- Requires little to no ongoing coordination from HR or managers

### Customized

Ideal for employers looking to integrate wellness into culture, volunteering, or sustainability initiatives.

- Allows employers to align with internal wellness, engagement, or ESG goals
- Works well for organizations seeking deeper engagement or culture-driven participation

## Make It Meaningful for Your Team

Workplaces are encouraged to personalize the experience in ways that make sense for their team.

Examples include:

- Hosting a office walking meetups
- Organizing a group volunteer activity tied to wellness or sustainability
- Aligning an internal Earth Day event with the challenge
- Encouraging walking meetings or lunchtime strolls
- Creating friendly internal incentives or recognition

These workplace-based activities can count toward participation and engagement while reinforcing company culture and shared goals.



# Keeping Employees Engaged

**Bonus Activities and Engagement Opportunities:** In addition to daily step tracking, participants can earn points through bonus activities offered throughout the challenge. These range from in-person events hosted by Livable Buckhead to simple actions employees can complete on their own schedule.

This structure allows participants to engage at their own pace while giving workplaces multiple ways to encourage participation across different work styles and schedules.

**Prizes and Recognition:** Individuals and teams are recognized for overall performance, participation, and engagement. Prizes include dining experiences, fitness-related rewards, and team celebrations, with a closing event to recognize achievements.

A group of diverse professionals, including men and women of various ethnicities, are walking and talking on a city street. They are dressed in business casual attire. The background shows a brick wall and a red flag.

## What Employers Receive

- Access to the Wellable platform
- A full calendar of built-in activities
- Communications support from Livable Buckhead
- Flexibility to scale participation up or down



## Key Dates and Getting Started

Workplace registration deadline:

**Friday, March 27, 2026**

Challenge window:

**April 1 – April 30, 2026**

**Employees may join at any time during the challenge.**

Once registered, workplaces receive access to the platform, communications support, and a full calendar of activities. From there, employers decide how deeply to integrate the challenge into their workplace.

### How to Register Your Organization

- **Confirm your company is listed as a team**

- Please check that your company name appears exactly as you want employees to select it on the sign up page.
- If your company is not listed, email [jenna@livablebuckhead.org](mailto:jenna@livablebuckhead.org) to be added.
- Deadline for new team additions is March 27.

- **Share the employee sign-up link**

- Distribute the sign-up page link to your employees.
- They must select your company name as their team during sign-up so their activity counts toward your workplace.

- **Activate participation**

- Once employees are registered under your company team, encourage them to participate throughout the challenge, join special activities and pop-up events (weekly email will be sent with these items) and remind them to log their activity weekly so the leaderboard stays up to date.



## Join buckheadWALKS! 2026

Support employee well-being, strengthen team connection, and take part in a community-wide effort centered on the people who work in Buckhead.

**Contact: Jenna Boettcher**

**Email: [jenna@livablebuckhead.org](mailto:jenna@livablebuckhead.org)**

“Supporting employee well-being doesn’t have to be complicated. buckheadWALKS! makes it easy to get people moving, connected, and engaged.”

