Walking Works

STREETS

We are offering fully-funded places on our Walking Works project to workplaces across West Yorkshire

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Authority

Tracy

Mayor of West Yorkshire

Staff Challenges aim to engage staff in walking more during their workday, demonstrating the benefits of walking on staff wellbeing, productivity and cohesion. We offer two communication packages, a weekly walking challenge and a step count challenge spanning 4 weeks. Staff challenges can be tailored to the needs and goals of your workplace.





Walk Champion Training is offered to staff who are interested in becoming a walking ambassador in their workplace. Our training is CPD accredited and will equip budding Walk Champions with the knowledge and confidence required to promote walking and create and execute their action plan.

Walking Maps are created to assist staff in integrating walking into the workday and are offered to support staff challenges. These maps will be handy visual tools that identify several short and accessible walks around your place of work that could be done during a lunch break and potential routes to work.



Get Involveu To find out more please contact: <u>ross.gemmell@livingstreets.org.uk</u> or rachel.adams@livingstreets.org.uk



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