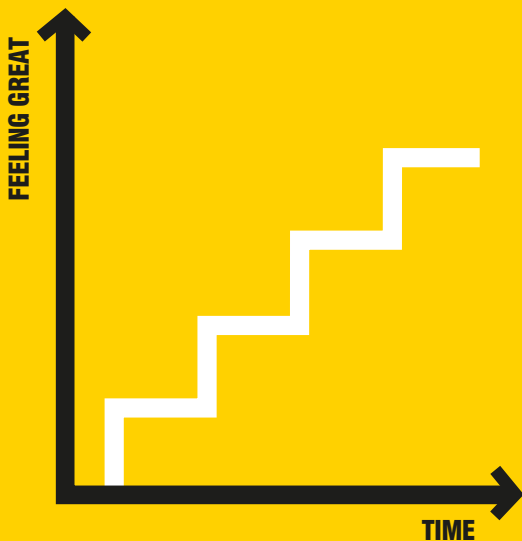


HEALTH BENEFITS OF WALKING UP STAIRS



NAME

EMAIL

Would you be happy for Living Streets to send you a short follow-up survey?

May we send you more information about walking and Living Streets?

STEP 1

Over the course of each week, please enter how many minutes you walked each day for recreation or to get from place to place.

	A typical week	Put Your Feet to Work Week
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

STEP 2

If you have a pedometer, enter your total step count for the week:

Total steps		
--------------------	--	--

STEP 3

Did you walk more during the Put Your Feet to Work Week?

Y/N

If yes, how much more time did you spend walking to and from work during the Put Your Feet to Work Week. Circle your answer:

0 - 30mins	30mins - 1 hr	1 hr - 2 hrs	2 hrs - 5 hrs	Over 5 hrs
-------------------	----------------------	---------------------	----------------------	-------------------

STEP 4

Don't forget! Hand in your postcard at your place of work for a chance to win £50.

Remember, everyone has an equal chance to win, however long they walk.

Find out more about the walk challenge at: www.livingstreets.org.uk/walkchallenge

All the information you provide will be kept confidential, be stored securely and only be used anonymously to promote our work and report to our funder. We will not share your contact details with any other organisation. We will retain data given here for 3 years after which we will securely destroy it.

Living Streets (The Pedestrians Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland), Company Limited by Guarantee (England & Wales), Company Registration No. 5368409. Registered office 4th Floor, Universal House, 88-94 Wentworth Street. E1 7SA