



LIVING

STREETS



PRESENTS THE

PUT YOUR FEET TO WORK WEEK

**ONE WEEK, TWO FEET,
WALK AWAY WITH £50**

PUT YOUR FEET TO WORK WEEK

One week, two feet, walk away with £50

If you already walk a lot during your working day, keep doing it. If you don't, we'd like to challenge you to try walking more this working week.

That's why we're giving away a £50 voucher to one person at this workplace who walks at least once this week. Simply fill in the back of the postcard and post it in the box to win.



Don't be a desk jockey, join our walking nation and feel happier, healthier and more productive at work.

WALKING =

Healthier: we can burn an extra 50 calories per hour by standing rather than being seated - so let's get moving.

Happier: walking is really good for your mind and in relieving stress, improving your mind.

More Productive: short walks every day has the potential to increase productivity by up to 30%.

