



LIVING

STREETS



WALKING WORKS

JOIN US TO
CREATE A WORKPLACE
WALKING CULTURE



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WHAT IS WALKING WORKS?



JUST 10% OF US WALK TO WORK IN THE UK AND OVER A THIRD DON'T GET ENOUGH PHYSICAL ACTIVITY.

Walking Works is Living Streets' programme for embedding the culture of walking into workplaces around the UK.



Our programme starts with a consultation to find out the unique needs of your organisation. From there, our expert staff advise on a range of initiatives offered in the package to **increase walking rates amongst your staff.**

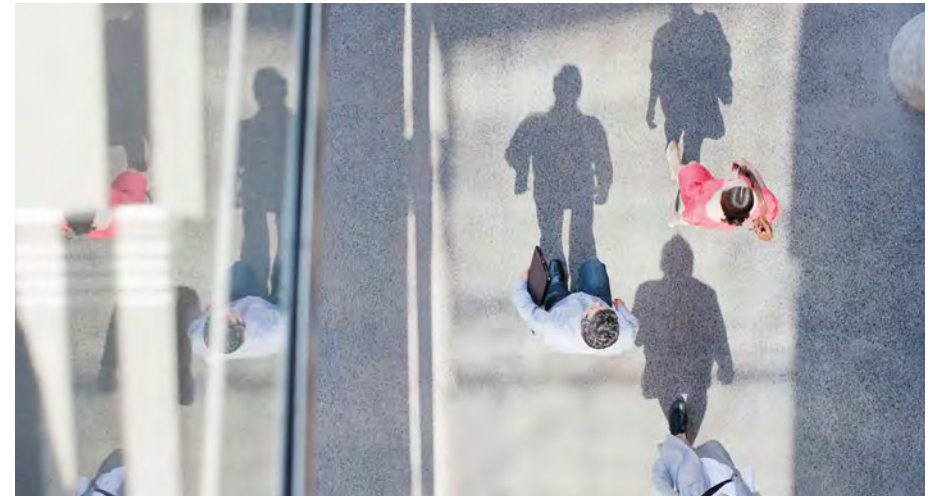
Did you know that around a third of adult life is spent working?

For this reason, it's important that your employees feel valued at work through activities that promote staff wellbeing and increase their sense of belonging to the business.

Living Streets has years of experience working with workplaces to increase walking amongst employees. Whether you're a small or large business, or based in an urban or rural landscape, we have the tools you'll need to enjoy the benefits of a walking workforce.



CHANGING THE CULTURE AT YOUR WORKPLACE TO ONE THAT INCORPORATES WALKING WITH WALKING WORKS CAN **REDUCE ABSENTEEISM, IMPROVE PERFORMANCE AND BOOST MORALE.**



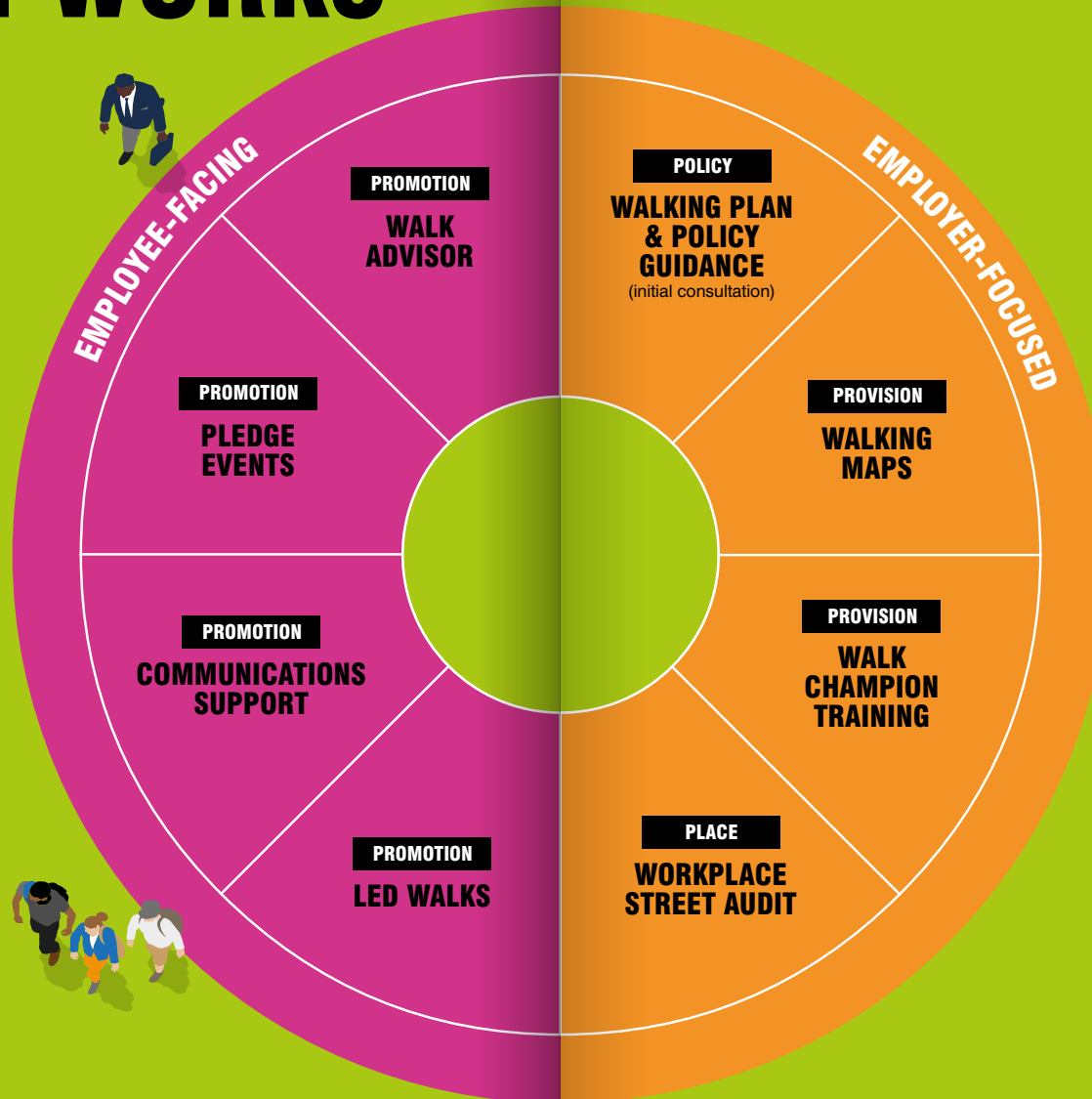
IMPLEMENTING WALKING WORKS

Walking Works includes a range of activities which vary from employer-focused through to employee-facing.

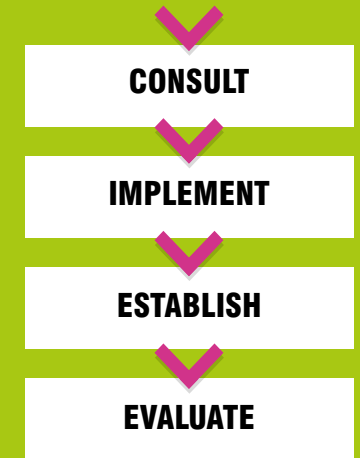
The initial Walking Plan & Policy Guidance session will be held with Wellbeing leads of your organisation. From there, we'll conduct an in-depth survey of your business's unique characteristics to determine which of the other activities we'll deliver in your workplace.

Our Walking Maps and Walk Champion Training gives your workplace unique resources for encouraging more walking in the working day. Our Workplace Street Audit gets to the heart of the walking environment around your business site.

Our employee-facing elements - Led Walks, Walk Advisor visits and Pledge Events - all involve direct engagement with your staff, building their awareness of walking benefits and supporting them to find ways to be more active in their working day. These activities can be complemented with bespoke Comms Support across a given period and through your organisation's most effective channels.



THE WALKING WORKS PROCESS



Every Walking Works package starts with a consultation and ends with an evaluation report that addresses your organisation's needs, location, staff characteristics and objectives.

WALKING

BENEFITS

[LIVINGSTREETS.ORG.UK/WALKINGWORKS](https://www.livingstreets.org.uk/walkingworks)



FOR EMPLOYEES

1 BOOST MORALE AND JOB SATISFACTION

Demonstrating that you care about staff health and wellbeing by investing in walking activities will make them feel valued and proud of their workplace.

2 IMPROVE PERFORMANCE

Regular exercise causes an overall work **performance boost of about 15%**.

3 PROMOTE PHYSICAL AND MENTAL HEALTH

Walking helps prevent long-term conditions such as diabetes, heart disease and depression. Being engaged in meaningful activities at work is an important part of good mental health.



Walking Works

FOR EMPLOYERS

1 REDUCTION OF ABSENTEEISM

Walking schemes can reduce the amount of sick days taken by staff, leading to lower absenteeism costs for the business.

2 BENEFITS PACKAGE AND CORPORATE IMAGE

Increased walking rates can also help towards ISO 14001 and 2600 targets; reducing the need for cars is better for both the environment and the employees' health.

3 RETURN ON INVESTMENT

A highly engaged workforce can **improve operating income by 19.2%**.





GET IN TOUCH

Speak to us about how to get your business involved in Walking Works. The Living Streets team would love to hear from you.

- 📧 [LIVINGSTREETS.ORG.UK/WALKINGWORKS](https://www.livingstreets.org.uk/walkingworks)
- ✉ WALKINGWORKS@LIVINGSTREETS.ORG.UK
- ☎ **CALL: 020 7377 4900**



We are Living Streets, the UK charity for everyday walking.