



# Your Business Toolkit

A LITTLE CHANGE MAKES A BIG DIFFERENCE

## Transform Your Health, Your Business and the World Around You

Congratulations to your organisation for joining Let's Walk, set to be Devon's biggest ever workplace walking challenge. We hope February 2020 is the beginning of an exciting journey and the start of a transformation for you and your team, your business, our wider communities and the environment.

If you haven't already, make sure that you and your team members have signed up to take part in the challenge. To sign-up or learn more visit [activedevon.org/lets-walk](https://activedevon.org/lets-walk).

## You can. Let's Walk

Let's Walk is all about how little changes make a big difference. The campaign aims to achieve:

- Getting people walking more, and to consider the power of walking for one's health and wellbeing, encouraging more walking at work, to and from work and at the weekends
- More businesses supporting a walk-friendly culture and showing the commitment and leadership towards a more active, productive workforce
- Creating more meaningful connections between people and their communities, local public spaces and the environment

### Why Walking?

- Walking more improves your health and wellbeing, making you happier
- Walking more boosts energy, morale and productivity, and is good for business
- Walking more makes our communities cleaner and greener, and protects the environment

### Did You Know?

- An employer who actively promotes wellbeing in the workplace is 8 x more likely to have employees engaged in their work
- Physically active workers take 27% less sick days over the course of a year
- £4.17 is the return on investment for every £1 spent on workplace wellbeing initiatives

## The Let's Walk Workplace Walking Challenge

Now that you and your team are signed up to take part in the Let's Walk February challenge, we have some top tips, ideas and information for you to make the most out of your month of walking.

In this toolkit you will find:

- Information about the health benefits of walking for you and your business
- A step-by-step guide of how to take part and what to expect during the challenge
- Resources to get you and your team walking more while at work and in your free time

# Let's Walk Challenge Guide

## Participation Pack:

We will be in touch to arrange collection or delivery of your Let's Walk participation pack, in which you will receive some freebie 'goodies' for you and your team.

## Connect Your Devices:

Once you have signed up to the challenge platform, you can link your Fitbit, Strava or GoogleFit accounts to automatically log your steps. Don't have an activity tracker? No problem, the GoogleFit app on your phone can log your steps just by bringing it along with you in your pocket. Alternatively, you can use a pedometer or just log your walks manually by distance or time and the platform will calculate steps for you.

## Competitions, Updates and Prizes:

Each week we will be running a competition with prizes to be won. It's not all about getting the most steps, but the positive impact that walking has had for you and your environment, so there will be a chance to win for everyone.

Follow us on Facebook @activedevon for all the latest Let's Walk updates. You will also receive a 'weekly roundup' email every Friday in your inbox to update you on the leader board, the weekly competitions and to give you some great inspiration to keep walking!

## Let's Walk Ideas and Resources

### Plan Your Walking Routes:

Whether you are taking a short local walk in your lunch break or planning a big weekend hike on the Moors, there are a number of helpful tools that you can use to make sure you plan a safe, enjoyable and appropriate walk for yourself or your group. Here are some useful links with information, resources and ideas for you to visit to get inspired and start walking:

#### For the Lunchtime Rambler:

[8 Reasons Why We Should All Walk More](#)

[Are You Sitting Comfortably?](#)

#### For the Walking-Meeting Stroller:

[Get Out of My Office: How to Switch to Walking Meetings](#)

[Why Meetings on the Move Should be the New Normal and How to Ensure They're Productive](#)

#### For the Inclusive Walking-Route Voyager:

[The Non-Profits Guides to Inclusive Walking Meetings](#)

#### For the Environmental Marcher:

[Surfers Against Sewage South West Beach Clean Walks](#)

#### For the Weekend Explorer:

[Planning a Walking Route in 5 Easy Steps](#)

#### For the Health and Safety Strider:

[Walk Leader Training for Group Leaders](#)

#### For the City Plodder:

[12 Winter Walks Around Exeter](#)

[7 Winter Walks in and Around Plymouth](#)

#### For the Family Hikers:

[Nature Walks for All the Family](#)

### Contact the Let's Walk Team

Email us at [hello@activedevon.org](mailto:hello@activedevon.org) or call us on 01392 925150, or visit our website at [activedevon.org](http://activedevon.org)