

Get Involved.

19-23 August 2019.

WALK



AT WORK WEEK



Get Walking. Get Involved.

Walk at Work Week is a free community event, promoted by a social media campaign that is designed to improve the health of Queenslanders by encouraging more walking in and around the workplace. Significant health benefits can be achieved by walking more each day, so get involved by promoting Walk at Work Week today.

What's happening in 2019?

- Teams are invited to register via an online form: <https://forms.gle/3HCpD1ABAK753vvS6>
- During Walk at Work Week, the Queensland Walks Facebook page will have a 'photo a day post', where teams can share their team photo in a comment
- Teams that share their photo every day will go in the draw to win a \$250 catering voucher
- 10,000 Steps is also giving away a Garmin tracker to one lucky member who participates throughout the week. More information will be available on their Facebook page @10000steps.1

REGISTER, SNAP, WIN!

REGISTER your work team today. **SNAP** your #walkatworkweek team photos and share on the daily Queensland Walks Facebook posts between 19-23 August. Teams with five daily photos automatically enter the random draw for the chance to **WIN** a catered lunch to the value of \$250*.

*Terms and conditions on www.queenslandwalks.org.au

What does each team receive?

Queensland Walks will endeavour to empower and motivate team captains and their members to walk more every day. To encourage participation, teams will be sent emails:

- after a team has registered.
- seven days before Walk at Work Week commences.
- every day during the Week with a prompt and link to the Queensland Walks Facebook page to share a photo.

How can I promote Walk at Work Week?

Register your own team now and:

- circulate our flyers to encourage other teams within your workplace or community to sign up.
- refer people to our website: queenslandwalks.org.au.
- share on your social media platforms with #walkatworkweek. Contact Queensland Walks for copy and images for posts.
- run your own competition or event in your area.
- Promote the launch on 19 August and invite the media

What other programs can support me to promote walking?

Queensland Walks - become a member to improve walking: queenslandwalks.org.au

10,000 Steps - sign up as a Coordinator for free resources: 10000steps.org.au

Heart Foundation Walking - start or join a local group: walking.heartfoundation.org.au

www.queenslandwalks.org.au



@QueenslandWalksIncorporated

WHY IS YOUR TEAM REGISTERING FOR WALK AT WORK WEEK?

"We believe we are better as a team and individuals if we keep healthy and active"
- 2018 Walk at Work Week team

