

Get Involved.

19-23 August 2019.

WALK



AT WORK WEEK



Walk at Work Week celebrates and encourages walking in and around the workplace.

If you're looking for a fun and free initiative that shares healthy, active messages, Walk at Work Week is for you! Get involved in #walkatworkweek to encourage your team to explore locations around the workplace, breath in some fresh air and build team morale while reducing sitting time and increasing your daily steps.

Top five reasons you should walk at work:

- 1.** Up to 3.6 million Australians are not doing any exercise at all, and over half say they mostly sit on a typical work day, according to research from the Heart Foundation.
- 2.** It is easy to introduce 30+ minutes of walking in a day:
 - 15 minute coffee trail or walk to work,
 - 10 minute lunch time walk,
 - 10 minute walking meeting.
- 3.** Regular activity like walking can help improve memory, focus & productivity.
- 4.** Walking is a social and fun way to engage with your work team.
- 5.** Walking during the work day can help decompress and destress with no yoga pants required!

 @QueenslandWalksIncorporated

Get Involved.

Register your team at
www.queenslandwalks.org.au

REGISTER TO WIN A CATERED LUNCH!

Register today and share your #walkatworkweek team photos 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*.

The winner will be announced on 3 September and your team can select the cuisine of your choice.

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

"Thank you Queensland Walks for showing us a great time this week... so much fun and laughter #healthbodyhealthymind"
- 2018 Walk at Work Week team

