

Get Active.

15-19 October 2018.

WALK AT WORK WEEK



Walk at Work Week is an initiative of Queensland Walks in conjunction with 10,000 Steps and Heart Foundation Walking (Queensland).

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

To get involved, register today for the chance to win a catered lunch for your Walk at Work team!

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 new research from the Heart Foundation.
- 2.** It is easy to introduce 30+ minutes of walking in a day with shorter intervals of walking:
 - 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 and focus
- 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!

Register today at: www.queenslandwalks.org.au

Get Involved.

To register your team visit:
www.queenslandwalks.org.au

REGISTER TO WIN A CATERED LUNCH!

By registering your work team and posting a photo with #walkatwork each business day from 15-19 October, you automatically enter the random draw for a fully catered work lunch to the value of \$250*.

The winner will be announced on 24th October and your team can choose the cuisine of your choice.

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



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www.queenslandwalks.org.au