

# Get Active.

## 15-19 October 2018.

# WALK



## AT WORK WEEK

### 1 | Walk to Work



Swap the car for walking shoes and meet up with a colleague and walk to work together. If using public transport, get off a stop or two early and walk the rest.

### 2 | Coffee Trail



Go beyond your usual horizons and walk a bit further to a new coffee stop. Design a map of cafes and ask your team to choose somewhere different everyday. Some cafes even offer discounts for BYO cups!

### 3 | Lunchtime Walk



Grab your hat and walking shoes and take a lunchtime walk to enjoy the fresh air and life outside the office. Your body and your boss will thank you as exercise can help you perform better mentally in the afternoon.

### 4 | Walking Meeting



Organise a walking meeting and walk and talk. Research has shown it is one of the cheapest ways to achieve increases in creativity and engagement between colleagues.

### 5 | Retail Trail



There is always someone in a work team who loves to shop. Ask them to design a retail trail and visit a select group of local retail businesses in your breaks or after work. Local businesses will love the increased interest and may even offer group discounts.

### 6 | Email Less, Talk More



If you're emailing someone in your office, on your floor, or even in the building, get up, walk over and talk instead. It will not only improve communication, it could also save time, increase clarity and decrease your inbox.

### 7 | Take the Stairs



Don't press the lift button or step on the escalator, take the stairs instead. If there are too many stairs to walk, stop the lift a few floors early and walk the rest.

### 8 | Park & Stride



If you need to drive to work or meetings, leave the car at least 1km from your destination and walk the rest of the way. Part way is OK. Save money on fuel, fees and maybe even the time it takes to find a park!

### 9 | Discover your Local Area



In and around every workplace we have history, art, architecture or gardens. Why not create a scavenger hunt around your workplace encouraging teamwork while you discover the local area.

### 10 | Get Involved

Start or join a Heart Foundation Walking Group: [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au)  
Challenge yourself, friends and workmates to 10,000 Steps: [www.10000steps.org.au](http://www.10000steps.org.au)