



WORKPLACE WALK CHAMPION: ACTION PLAN

HEALTH | CULTURE | COMMUNITY

Calendar of walking activities for

FILLING IN YOUR ACTION PLAN

- 1** Remind yourself of the various walking activities you can embed at your workplace. Find a full list of these along with helpful tips in the following pages.
- 2** Fill in the month and year fields, beginning with the month you are going to start your walking activities.
- 3** Start adding your walking activities. Remember that some of the activities can/will be ongoing (e.g. walking lunches or walking meeting), but it's still helpful to give them a place in the action plan so you remember to promote them across your organisation. We have pre-filled some of the activity boxes as an example.



TIP:
Use the posters and shareable graphics provided to promote your walking activities.



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When we refer to 'walking' in this action plan, we include people walking with the use of mobility aids, including wheelchairs.

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Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland), Company Limited by Guarantee (England & Wales), Company Registration No. 5368409.



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All activities include simple suggestions for you to encourage and embed these new practices, and for you and your colleagues to reap their benefits!



1 WALKING MEETING

WHAT? Meetings might be unavoidable, but they don't always have to be at your desk! Encourage colleagues to pick a meeting that doesn't involve sharing screens or sensitive information and schedule it to take place while they wander.

HOW? Brainstorming sessions or one-to-one catch ups work well as walking meetings. If possible, avoid routes that involve lots of road crossings in favour of a local park or green space.

WORKING FROM HOME? Turn off the camera, make use of headphones and take your meetings to the streets!

NEED TO CONVINCE THE BOSS? Regular exercise can boost work performance by around 15%.



2 WALKING LUNCH

WHAT? Hands up if you and your colleagues are guilty of mindless munching while catching up on emails. Swap al fresco for al fresco and encourage walks during lunch breaks.

HOW? Explore new cuisines, find local street food markets or stumble upon the perfect spot to sit and eat outside. **Top tip:** Encourage scheduling lunch breaks in your work calendars so everyone is clear about when well-deserved breaks are being taken.

WORKING FROM HOME? Wrap your sandwiches and walk to the local park for an impromptu picnic.

NEED TO CONVINCE THE BOSS? Stepping away from your desk and taking a proper break can boost productivity later on in the day.

3 NATIONAL WALKING MONTH

WHAT? May is Living Streets' National Walking Month; an opportunity for us, as the UK charity for everyday walking, to encourage even more people to fit more walking into their lives.

HOW? This is the perfect opportunity to join in and run a month-long #Try20 challenge at your workplace encouraging everyone to fit 20 minutes of walking into their day. Find the #Try20 checklist and interactive spinning wheel on your Walk Champion Training Hub: livingstreets.org.uk/WalkChampionHub

4 TEAM WALK

WHAT? Organise a team walk as part of your organisation's away day or team get-together.

HOW? Pick a walking route and share it with your team. Always make sure the route is accessible, inclusive and safe so everyone can enjoy taking part. Walk as a team to a new coffee shop. As a team you could even agree to take it in turns to lead the group to a new destination each week/month.

NEED TO CONVINCE THE BOSS? Investing in health and wellbeing activities such as walking will make staff feel valued and proud of their workplace.



5 MINDFUL WALK

WHAT? Encourage colleagues to simply put one foot in front of the other and see where they end up. No need to plan or have a destination in mind.

HOW? Ask colleagues to find some time to head outside for a short walk. This could be a 10 minute stroll after lunch or an addition to the commute home. Mindful walking consists of taking slow, deep breaths and paying close attention to your surroundings. Listen to the sound of your feet touching the ground, notice the smells and sensations as you stroll. Set a 'halfway' timer on your phone before you set off and then put the device away.

NEED TO CONVINCE THE BOSS? Being engaged in meaningful activities at work is an important part of good mental health.

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6 WALK THE SIGHTS

WHAT? Encourage walking to a local point of interest. Colleagues can either pick just one or create a walking route that goes past all the nearby sights during one thought provoking lunch break or commute.

HOW? Google Maps can be used to find all points of interest nearby and plot in a route to visit one or more.

WORKING FROM HOME? Imagine being a tourist in your own neighbourhood, what would make you stop and look up? We tend to ignore the things we see every day, so encourage peers to look at their environment with a fresh pair of eyes.

7 WALK WHATEVER THE WEATHER

WHAT? Instead of shying away from walking when the weather takes a turn, we can all be ready for rain by keeping a few wet weather walking essentials to hand.

HOW? Stashing a pair of showerproof shoes under your desks or in your lockers and keeping a brolly handy are great ways to be prepared.

WORKING FROM HOME? Encourage colleagues to keep wet weather gear handy by the front door instead of packed away.



8 WORK FROM HOME? FAKE COMMUTE!

When working from home, it's tempting to roll from bed to desk and back again. Instead, encourage peers to go for a 20-minute walk to punctuate the start or end of the working day. Getting out of the house before work can help to get into the working mindset.

HAVE A SET WORKPLACE?

Walk it out! Encourage walking all or part of the commute to the workplace. For those who drive, encourage Park and Stride, where you park a 20-minute walk away from the workplace and stride the rest of the way. For those who take public transport, why not try hopping off the bus/tram a few stops earlier and walk the rest of the way?

9 WALK FOR DIVERSITY AND INCLUSION

WHAT? Organise a walk to celebrate diversity and inclusion and invite everyone to join.

HOW? Mark the action plan with a few walks around key events such as **Black History Month, Pride, Disability Pride Month, Eid, Diwali, International Women's Day** and so on. Theme the walk and share stories while you wander. Take it in turns to lead the group, so colleagues can choose to honour events/issues which are closest to their hearts, culture or lived experience.

WORKING FROM HOME? Colleagues can still go for a walk by themselves to honour a specific event or issue. Share the theme of the walk along with some useful links and resources ahead of time. Encourage colleagues to take photos of their walk and share them on the intranet as an opportunity to come together 'virtually' around key themes.



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