



# 5 BENEFITS

## TO WALKING MORE IN AND AROUND THE WORKING DAY



1.



**FITNESS**

2.



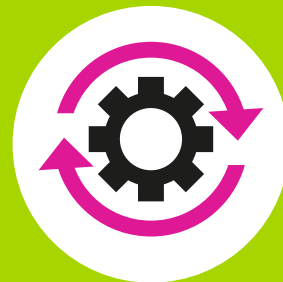
**WELLBEING**

3.



**INCLUSION  
& BELONGING**

4.



**PERFORMANCE  
& PRODUCTIVITY**

5.



**SUSTAINABILITY**



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



## WALKING WORKS

We are living streets, the uk charity for everyday walking.  
Discover more about our work at [livingstreets.org.uk](https://livingstreets.org.uk)

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