

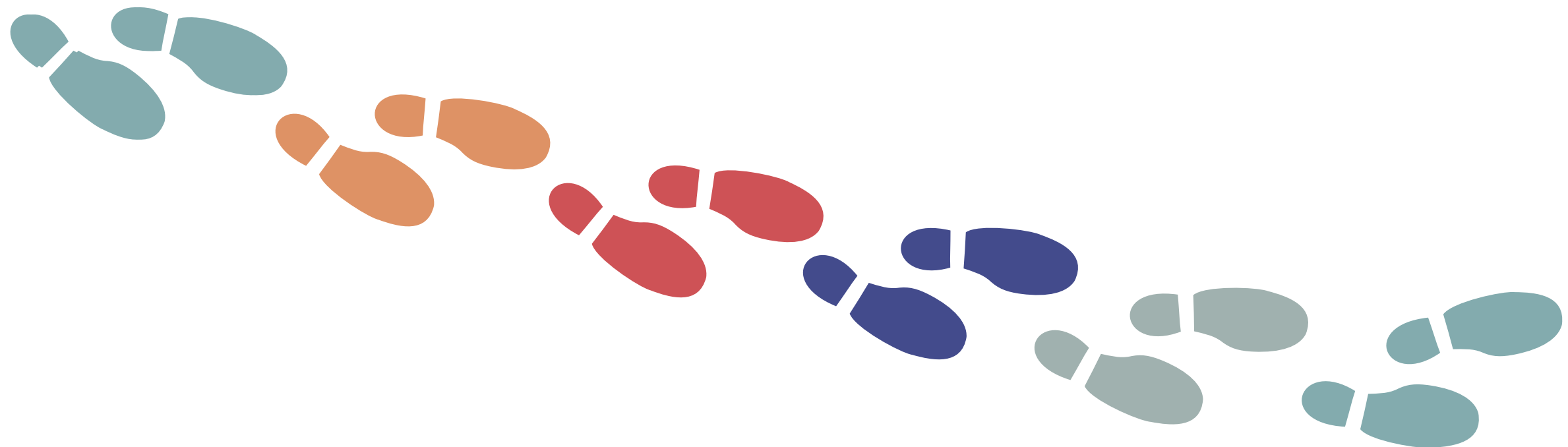
**EVERY MOVE
COUNTS**



**GET YOUR
WORKPLACE
ACTIVE**

A GUIDE TO PROMOTING PHYSICAL ACTIVITY AT WORK

WORKPLACE WALKS



***Step away from your desk
Enjoy a walking lunch***

DAY:

TIME:

DURATION:

MEETING PLACE:



DEVELOPED BY HEALTH PROMOTION & IMPROVEMENT DEPARTMENT AS A SUPPORT TO
THEIR GET YOUR WORKPLACE ACTIVE RESOURCE