

# Walking Works

Fully funded by West Yorkshire Combined Authority

## The benefits of Walking Works:

- Boost morale and job satisfaction
- Improve staff performance
- Promote physical and mental health
- Reduce absenteeism
- Enhance corporate image



It's been fantastic, Ross and Rachel have been a great support, very enthusiastic and have lots of ideas of what is possible.

Mid Yorkshire Teaching NHS Trust, Kirklees and Wakefield

We now go out walking with most of our team on Mondays and Tuesdays, I am also walking regularly after work too.

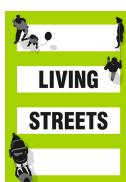
Lowell Financial, Leeds

We launched Walking Works because we could see the benefits that it would provide individually to our employees but also as an organisation.

Pennine GP Alliance,  
Calderdale

I thought the training was good, I will use it to promote walking further. The walking maps are great, I provided a pretty challenging area to come up with two nice walks!

Bradford District Care Trust, Bradford



Get in touch for more information:  
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