

# 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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