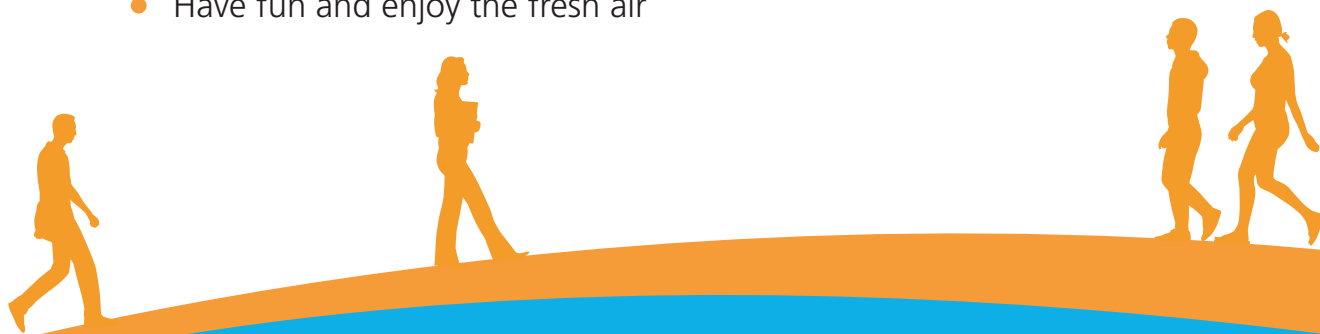




# How to... set up a lunch time walk

**Combine exercise with getting to know your colleagues. A lunchtime walk is free and easy to organise and a great way to help de-stress during work hours.**

- Decide a route, which is not too hilly or muddy and roughly 30-45 minutes long
- Plan a couple of different routes and alternate to keep things interesting
- Send a group email to as many people as possible with a request to forward on to other colleagues
- Email a reminder the day before to bring comfy shoes, weather proof clothing and a drink
- Organise a deputy to keep the momentum when you're away
- Note any points of interest on your route. It may encourage others to join you
- Stay safe in well-lit areas
- Have fun and enjoy the fresh air



Make your move with 