

Haringey Staff

# Walk more Week

11 - 15 July 2016



**Haringey**  
LONDON



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Walk around our virtual tour of some of Haringey's lovely parks and open spaces and you will have clocked up 21,000 steps (10.5 miles).

Make it around 2 and half times over 5 days and you will have achieved a health giving 10,000+ steps a day.

## Don't forget:

- ✓ Make a pledge to walk more at [www.haringey.gov.uk/haringeywalks](http://www.haringey.gov.uk/haringeywalks)
- ✓ Record the number of steps you walk (and other activity) at [www.workplacechallenge.org.uk](http://www.workplacechallenge.org.uk).

## Some tips to help you to walk more during the week

- ✓ Walk to work if you can
- ✓ Use the stairs instead of the lift.
- ✓ Take your children to the park in the evenings.
- ✓ Get off the tube or bus a stop or 2 earlier.
- ✓ If you drive, park further away.
- ✓ Always try to get out of the office for a walk at lunchtime.
- ✓ Join our lunchtime walks on Tuesdays and Thursdays; meet at 1pm outside River Park House.

Get a free pedometer with this flyer or email: [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)

If you record at least 21,000 steps (10.5 miles) over the week you can claim your FREE healthy breakfast on Friday 15 July from 8.30 to 10.00am on the Podium at River Park House.

**What else can you win?** Surprise goodies AND a great sense of well being!

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