



## Come to our stress-busting walks

Did you know that a half hour walk can help your concentration at work as well as your fitness and happiness?

Did you know that walking 2.5 hours extra per week could increase your life span by seven years?

By joining our stress-busting walks you will get to:

**socialise with other staff members**

**improve your health and wellbeing**

Walking at lunchtime is a great way to get extra exercise into your day.

