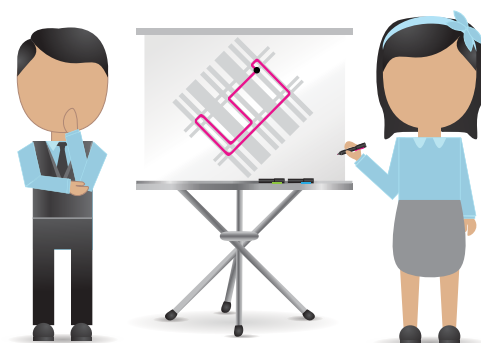


How to Walk the Block



Get your workmates active with this simple and fun event!

- 1 Select a date and time to Walk the Block.
- 2 Pick a route for a 20 min walk.
- 3 Spread the word via email, posters, reminders etc.
- 4 Walk the Block! (then repeat weekly if possible).



How about making the event more fun by getting your workmates motivated with some music hits? eg. Walk This Way, Walk of Life, Walk the Line, Footloose etc.



Share



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