

## National Walking Month 1 – 31 May 2021

In recognition of the Leeds City Region's target to become a net-zero carbon economy by 2038, the Travel Plan Network (TPN) is launching Challenge 2038 to celebrate National Walking Month this May. We are inviting our TPN members to join us and West Yorkshire organisations as we aim to collectively walk 2,038 miles to help tackle the climate emergency and improve our health and wellbeing.

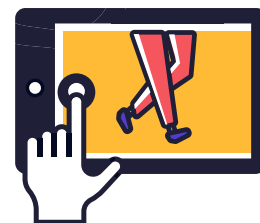
### How can my business get involved?



**Step 1:** Let your employees know this May is National Walking Month and how they can take part in Challenge 2038. We've created a handy digital leaflet to share with your employees that tells them who we are and how to sign up.



**Step 2:** Assign someone as your Challenge 2038 champion. Why not create a leaderboard or competition? We'd love to hear what you do.



**Step 3:** It's time to get walking. Share your organisations walking photos on social using the hashtag **#Challenge2038** and **#TravelPlanNetwork**.

For more information about Challenge 2038 and to sign up, visit [the-lep.com/Challenge2038](https://the-lep.com/Challenge2038)



Newmillerdam Country Park, Wakefield

## Why walk?

- Walking is inclusive and one of the most accessible activities for employees
- Walking just one mile in 20 minutes can burn at least 100 calories
- Walking improves staff productivity by creating a more energised workforce
- Walking is a great stress reliever, which can help boost morale and reduce staff turnover
- Physically active employees take 27% fewer sick days than non-active employees

## How can I help my employees walk more?

We hope National Walking Month inspires everyone to walk more. Here are some tips on how to help get your employees moving.

- Creating a walking meeting culture
- Set up a walking buddy scheme
- Have a Walking Champion
- Have a dedicated walking page on your intranet which includes local walking routes

For support implementing any of the suggested walking support, please contact your TPN Business Travel Advisor.

The West Yorkshire Combined Authority's dedicated cycling and walking programme, CityConnect has partnered with [Living Streets](#), the UK charity for everyday walking, to help us support workplaces in the region to build and embrace a culture of walking. To register your interest and find out how they can help, email [CityConnect@westyorks-ca.gov.uk](mailto:CityConnect@westyorks-ca.gov.uk).