

# Walk this May with WPA



Health Insurance



As a company, we are taking on a team challenge this May to walk 5,000 miles between us – walking is a great way to get heart healthy so why not join in

Maybe you'd like to celebrate National Walking Month with us – we are raising money in aid of the British Heart Foundation and will donate £5,000 if we reach our 5,000 mile target. We aren't asking for any donations, we are simply aiming to raise awareness of the benefits of walking and would love for others to take part

## Physical benefits

Improves cardiovascular fitness  
Helps keep bones and muscles strong and healthy  
Reduces risk of developing stroke or high blood pressure

## Social benefits

Inclusive and accessible  
Reduces feelings of loneliness and isolation  
Improves social skills

## Mental benefits

Improves mood and reduces levels of anxiety and stress  
Improves sleep  
Boosts energy levels

Why not take on the Walk this May challenge and record your steps. Don't forget to share your progress on the socials – tag @wpahealthinsurance

#walkthismaywithwpa  
#walkthismay  
#walkandtalk



Week no:

Name:

# Walk this May with WPA



## Get walking and get heart healthy

Monday	Tuesday	Wednesday	Thursday	Friday	Total steps
02 	03	04	05	06	<input type="text"/> Week 1
09	10	11	12	13	<input type="text"/> Week 2
16	17	18	19 	20	<input type="text"/> Week 3
23	24	25	26	27	<input type="text"/> Week 4
30	31				<input type="text"/> Week 5

Maybe you'd like to celebrate National Walking Month with us – as a team we are raising money in aid of the British Heart Foundation and are aiming to walk 5,000 miles. If we achieve this, we will donate £5,000. We aren't asking you for any donations, we are simply trying to raise awareness of the benefits of walking and would love for others to take part. Why not go for a walk at lunchtime – the fresh air will set you up for the afternoon. You could also have a walk and talk meeting. Whatever you do, don't forget to keep hydrated and remember to count those steps!

Tag @wpahealthinsurance and share your progress on the socials...  
#walkthismaywithwpa #walkthismay #walkandtalk

