Walk this May with WPA





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 your school would 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. You'll be surprised how many steps you can do during your breaks!

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

WPA will donate
£5,000
to the British Heart
Foundation if we
reach our target

#walkthismaywithwpa #walkthismay #walkandtalk













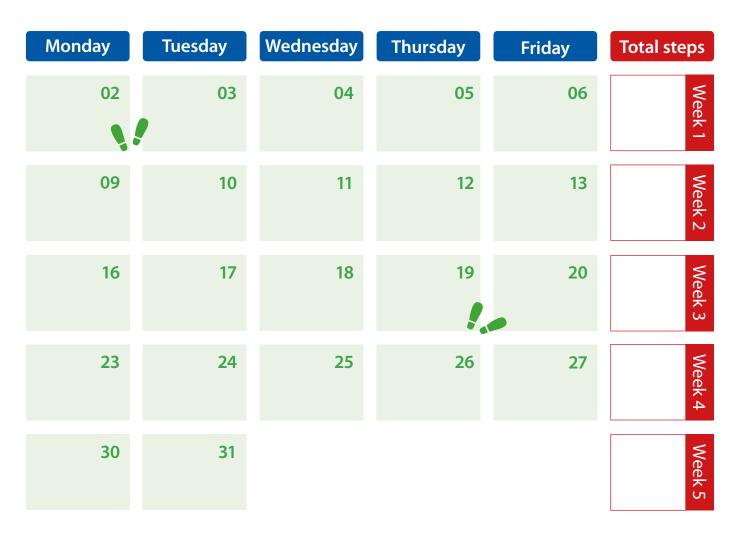
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Get walking and get heart healthy



Maybe your school would 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 aiming to raise awareness of the benefits of walking and would love for others to take part. Get outside during your breaks – the fresh air will invigorate you. Don't forget to keep hydrated and remember to count those steps!

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









