

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

#walkthismaywithwpa
#walkthismay
#walkandtalk



Week no:

Class:

Walk this May with WPA



Get walking and get heart healthy

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

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

