

# Paths for All Training

## Workplace Walking Course

**Course Overview:** This is an interactive and practical one day course which will help you get colleagues walking more in and around the working day. This course will provide you with the knowledge and skills to develop and deliver a successful workplace walking initiative. We'll provide you with ideas on how you can promote workplace walking from active travel to lunchtime walks, pedometer challenges to walking meetings and more.

**Learning Outcomes:** After attending this course, you will be able to:

- Understand the benefits of an active workplace for employer and employee
- Understand the key messages around physical activity and walking
- Ways to promote walking in your workplace
- Lead short walks with colleagues
- Plan and risk assess walking routes in and around your workplace
- Know where to find help and support

**Who it's suitable for:** This course is for anyone interested in staff health and promoting physical activity to colleagues and employees. It's ideal for businesses and organisations working towards their Healthy Working Lives Award.

**Course Materials:** You will receive a Walk Leader Manual, workplace walking toolkit and certificate. You will also benefit from Paths for All support following the course. We can help with advice, resources and activities to help you get your workplace walking.

**Duration:** One day

**Price:** The cost of this one day course is £600 for up to 20 delegates. We need a minimum of 8 people per course. We ask that the organiser provides a venue and catering.

**Location:** We can run the course in your workplace at a time and location that suits you. We also deliver open courses across the country; please contact us for more details.

**Organise this course:** For more information or to book a course please contact [training@pathsforall.org.uk](mailto:training@pathsforall.org.uk) or call Marion Munro on 01259 222336.

[www.pathsforall.org.uk](http://www.pathsforall.org.uk) Tel: 01259 222336

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**“Fantastic course, enjoyed every bit of it.”**



**“I am going to motivate all members of staff.”**



**“I will discuss implementation of walking group with my team and present to management.”**