



WORKPLACE WALKING ROUTES

Help improve employee physical health and mental health by providing mapped routes and setting up walking groups

Encouraging employees to step outside for a short walk on their break is a great way for them to improve their physical health plus reduce stress, with many employees currently choosing to eat their dinner at their desk.

MSP are accredited Walking for Health (a national programme run by the Ramblers Association and supported by Macmillan Cancer Support) training providers, which means we can:

- Map and risk assess a variety of walking routes around your organisation's sites, providing employees with options to get away from their desk on breaks
- Train employees up as Volunteer Walk Leaders, who can then lead regular and inclusive workplace walks

EMPLOYER BENEFITS

- ✓ Simple and flexible way to promote employee health
- ✓ Walks are risk assessed, identifying and raising awareness of any potential hazards on routes
- ✓ Access to free Volunteer Walk Leader training, upskilling and providing insurance for employees to lead safe and inclusive workplace walking groups

EMPLOYEE BENEFITS

- ✓ Inclusive and social activity to improve physical health and reduce stress
- ✓ Easy to fit in around the working day, including 5 minute walks that can be done on a break

“Work can sometimes be stressful, but going out for a walk as a team allows us to let off steam. We all come back from the walk with a lift to our mood and energy levels.”

Jackie, Liverpool Community Health

Volunteer Walk Leader training

Employees can attend a one day training session, developed by the national Walking for Health programme, and they will gain a nationally recognised qualification to lead walks. As part of the training they will learn about:

- How to risk assess and ‘reccy’ walks - making them safe, well run and fun
- How to lead and manage walks (e.g. ‘back marking’)
- How to make walks inclusive and welcoming

Volunteers will also receive third party civil liability insurance and have access to Walking for Health resources and equipment. Further information about the training is available on the [Walking for Health website](#).

Mapped routes

Workplace walking routes can be provided in a variety of different distances and challenges to suit employee’s activity levels, for example:

- Map 5 minute, 15 minute and 30 minute routes that can be undertaken on a break
- Map easy, medium and hard walks based on local terrain (e.g. avoiding hills)

Maps will be provided in an electronic format to distribute around your workplace, and printed copies can also be provided at an extra cost.

COSTS

Volunteer Walk Leader training is delivered free of charge, either by MSP or providers in your local area. Employees can book on open courses that are run on a regular basis, or if there are at least eight employees wanting to be trained then the provider could deliver the course at your workplace.

Providing mapped workplace walking routes is available from £199 for a single site organisation, with discounts applied for more than one site if an organisation has multiple workplaces.

FIND OUT MORE

Contact MSP’s Active Workplaces team on 0151 728 1811 or email activeworkplaces@merseysidesport.com