



Prolonged sitting is a risk that employers should consider within work health and safety policies and practices.
- Comcare recommendation 2012



Take a power walk

Feeling tired or need a break to revive yourself? Power walks lift your heart rate and give you an instant energy boost. Take a power walk on your own, or round up a few colleagues to hit the streets.

- 1 Choose a time for the power walk - do it daily if you can.
- 2 Choose a short route - 5 to 15 mins.
- 3 If doing it on your own, simply set your watch or phone alarm, or electronic calendar to remind yourself.
- 4 If doing it with others, put up posters to let others know and send recurring calendar invitations to staff.
- 5 Repeat!

Taking daily power walks can halve your risk of heart attack or stroke.



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Walking to cure 3.30-itis!

Research shows a 15 minute walk reduces chocolate cravings, even in people who have sweet snacks at their fingertips!



Getting our heart rate up and enjoying some fresh air resulted in increased energy and motivation levels.

At 3.30 pm every day, as the office becomes stuffy, lunch has digested and other office staff reach for their chocolate drawer, staff at The Loyalty Group take a 5 minute power walk.

“I noticed that 3.30-itis was affecting my afternoon productivity. I felt as though I would fall asleep at my desk. Something sweet would really help pick me back up but I knew it wasn’t healthy”.

We came up with the initiative to leave the office for 5 minutes every day at 3.30pm and take a short power walk around the block. “It’s great that our boss also finds this beneficial. This initiative has improved the culture in the office and we feel that our health and well-being is respected”.

We hope to start liaising and networking with the businesses around us to promote our afternoon walks to get their staff involved also.

- Michelle Morgan
Operations Manager, The Loyalty group

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