

STEP INTO SPRING



With longer days on the way and hopefully warmer weather, step into spring by walking to work. There are many benefits to be had:

Improve your health: Walking is a perfect low impact exercise. It can also lower stress levels and increase overall fitness.

Reduce your carbon footprint: Walking instead of hopping in the car can help make the air cleaner and create a healthier environment.

Save some cash: Save on the cost of fuel! Walking can be the most cost-effective way to commute.

Boost your mood: Start your day with a refreshing stroll! Soak in the sights and sounds of nature.

If the walk to work is too far or not possible, why not try other options to get some extra footsteps in? Perhaps you could hop off the bus or train a stop earlier? If you drive, why not try parking slightly further away from the office for those extra steps? Even a lunchtime stroll will have its benefits!



For information, advice, and discounts on your commute to work, head over to;