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information

26 - 30  
April  
2010

Walk-to-Work Week  
Win an iPod nano



# Walk-to-Work Week Competition

26 - 30 April 2010

## Challenge your work colleagues this spring in the Travelchoice Walk-to-Work Week Competition

For the chance to win prizes for you and your workplace, simply follow the steps below:

1. Work out the distance, in miles, from where you will be walking from (e.g. home, or perhaps halfway between home and work if you live too far to walk the whole way). It may be useful to use [www.gmap-pedometer.com](http://www.gmap-pedometer.com) to work this out.
2. Record the number of miles you walk each day to and from work (only) throughout your working week in the table below.
3. Hand your scorecard in to your coordinator by 5pm on 7 May.

Day	Distance walked (miles)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>Grand total:</b>	

Your coordinator will work out which person from your workplace walked the most and results will be submitted to Travelchoice who will award prizes to individuals and workplaces.

Personal details	
Name:	
Company:	
Phone no.:	
Email address:	

For full details and to download more scorecards for free, visit:  
[www.travelchoice.org.uk](http://www.travelchoice.org.uk)

## Give it some time!

- Walking one mile in 15 minutes burns about the same number of calories as running a mile in eight and a half minutes.
- Nearly eight out of ten adults don't do the recommended amount of weekly exercise.
- Get fit whilst saving money on petrol and parking.