

AYR AND KILMARNOCK ACTIVE TRAVEL
HUBS PRESENT A SERIES OF

WORKPLACE WEBINARS

Helping Your Workplace to Promote Active Travel

ACTIVE TRAVEL CHALLENGES FOR WORKPLACES





WHAT CHALLENGES CAN MY WORKPLACE TAKE PART IN?

- Active Travel Hub Workplace Walking Challenges
- Scottish Workplace Journey Challenge from Sustrans Scotland
- Paths For All Step Count Challenge

WORKPLACE WALKING CHALLENGES WITH THE ACTIVE TRAVEL HUBS

- Teams of 3, record weekly steps for 4 weeks.
- Prizes for the team with most steps each week and the team with most steps at the end of the month.
- The Department for Work and Pensions, Ayrshire College & East Ayrshire Council have all taken part in the Hubs workplace walking Challenges and these have been very successful in promoting health and well-being, encouraging staff to walk more to and from work or during work hours and increasing team relationships.
- Free to take part. For more information contact:
info@activetravelhubkilmarnock.org





DEPARTMENT FOR WORK AND PENSIONS- CASE STUDY

"We took part in the Walking Challenges run by Active Hub as part of our Wellbeing Group as we thought it would be an easy and cheap way to get staff motivated to move more.

Every challenge we have seen an increase in staff participation as they have seen how colleagues have become more active.

I would recommend any workplace to give the Challenges a try, they are really good fun and a great way to boost staff interaction as well as increasing staff steps/fitness level.

A little bit of healthy competition certainly gets the steps in!"

Susan Clements DWP Employee

PATHS FOR ALL STEP COUNT CHALLENGE

- Two challenges a year; an 8 week spring challenge and a 4 week autumn challenge. You can also run a bespoke Step Count Challenge just for your workplace at a time that suits you.
- Teams of 5
- £30 to register per team.
- Record your steps and win great prizes.
- Find out more on the Paths For All website





SCOTTISH WORKPLACE JOURNEY CHALLENGE FROM SUSTRANS SCOTLAND

- Designed to encourage people from any organisation in Scotland to commute to work by walking, cycling, public transport or lift share throughout the month of March.
- It is free and simple to take part- register, log your journeys and win prizes.
- Sharon Maclean, Personal Secretary NHS Ayrshire and Arran stated: “The benefits are amazing, it improves your health and wellbeing. It does change your behaviours and makes you think twice in the future about not using your car and walking more. I would definitely encourage you to do it.”
- More information at the [Scottish Workplace Journey Challenge website](#)

FURTHER RESOURCES AND SUPPORT

- Way to work website- Helping you to promote active and sustainable travel in your workplace
<https://www.waytoworkscot.org/>
- Active Travel Hubs- We are here to support active travel within workplaces. For information, support or advice please contact the Kilmarnock Active travel Hub at: info@activetravelhubkilmarnock.org or the Ayr Active Travel Hub at: activetravelhubayr@gmail.com or follow us on Facebook

