

Put your business on the road to active commuting!

Here are a few ideas and resources your business could begin using today.

Paths to Health Workplace Pedometer Pack

This workplace pedometer pack contains pedometers, supporting materials and ideas to help motivate employees to take more physical activity during the working day. There is a small charge for the pack. Download free pedometer resources at www.pathstohealth.org.uk. For more information contact Paths to Health on 01259 218855 or e-mail info@pathstohealth.org.uk

Paths to Health Workplace Walk Organiser Training

This training course provides information on setting up a workplace walking project. For more information contact Paths to Health on 01259 218855 or e-mail info@pathstohealth.org.uk

Paths to Health Workplace Walk Leader Training

This training course provided information on the roles and responsibilities of being a Walk Leader. For more information contact Paths to Health on 01259 218855 or e-mail info@pathstohealth.org.uk

Paths to Health Workplace Grants

If you work for a company with less than 250 employees you can apply for a Workplace grant to help support innovative projects to promote walking in the workplace. Grants are available up to £2000 and can be used to purchase training or pedometer packs. See www.pathstohealth.org.uk for more information.



Walk in to Work Out pack

This pack has been designed to help employees start walking or cycling to work. Even for those who live too far away to walk or cycle the whole journey the pack gives ideas of how to walk or cycle part of the journey. For copies contact your local Health Promotion Unit - see www.shaw.uk.com

Walk in to Work Out Training

A two hour training course to help employers implement and get the best from the Walk in to Work Out pack. For more information contact your local Scotland's Health at Work team - see www.shaw.uk.com

Workplace Travel Plans

Many employers now have travel plans to help reduce car use as well as promoting active lifestyles and healthy living. For more information on how to write a workplace travel plan contact the travel plan co-ordinator at your local authority or Energy Saving Trust Scotland for free advice: www.est.org.uk

Scotland's Health at Work

Scotland's Health at Work is a National Award Programme which rewards employers who demonstrate commitment to improving the health and ultimately the performance of their workforce. From April 2006 Scotland's Health at Work will be part of the Scottish Centre for Healthy Working Lives. see www.shaw.uk.com

Active Commuting for Your Business



By encouraging your workforce to be active on a regular basis your business could benefit greatly from:

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| Reduced absenteeism | Improved employee morale |
| Lower staff turnover rates | Lower healthcare costs |
| Improved productivity | Fewer industrial injuries. |

www.activetravelscotland.org.uk

Can you afford not to get your staff active?

This leaflet outlines the background on how to encourage physical activity through walking and cycling to work, the benefits to be gained by your business and the resources available.

Why walk or cycle?

Walking or cycling is a great way to fit regular physical activity into a daily active lifestyle.

The journey to work is an ideal chance to help build up the 30 minutes a day of regular physical activity every adult needs for better health.

Helping more of your staff get the habit of active travel for all or part of their journey to work is a low-cost, high-gain strategy for improving their physical and mental health.



Benefits to employees

- **Improved mental health & well being**
Physical activity helps people to function better through alleviating stress, improving sleep, and enhancing self-perception. Walking and cycling have been shown to reduce feelings of stress, depression and anxiety.
- **Improved physical health for your workforce**
Being active on a daily basis has been shown to have many benefits for physical health. It can contribute to decreasing the risk of developing heart disease and strokes as well as preventing high blood pressure, osteoporosis and helping to control weight.
- **Reduced costs**
Driving to work on a daily basis can be a financial drain. Walking and cycling could save employees on travel expenses and commuter stress. There's no need for expensive gym membership if people get the exercise they need on the journey to and from work!

Benefits to the business

- **Reduced absenteeism**
Research shows that active employees take 27% fewer days off sick leave than inactive employees.
- **Lower staff turnover rates**
Studies show that following the introduction of on-site programmes, staff turnover was reduced by between 8% and 13%. Encouraging walking and cycling is a straightforward type of on-site programme.
- **Improved productivity and employee morale**
Research shows that a physically active lifestyle is related to improved performance at work including a lower frequency of burnout and sick leave.
- **Fewer industrial injuries**
Studies show that following the introduction of physical activity initiatives, the number of workplace injuries was reduced by 25%.
- **Less pressure on parking**
More walking and cycling means less driving: less driving means less parking.

All of the information within this leaflet is taken from
Sustrans Active Travel information sheets activetravelscotland.org.uk
Scottish Physical Activity Strategy www.scotland.gov.uk/library5/culture/lmsa.pdf

