



# Walking Scotland

Walking Workplaces

## Let's walk & work

### Why walking and wheeling matter in workplaces

Walking and wheeling can help us feel healthier, less stressed and more productive at work.

- A physically active workforce is less stressed and takes 27% less sick days.\*
- Walking and wheeling help improve focus and energy during the day.
- Workplace walking has a positive effect on physical fitness and mental wellbeing.\*\*

\*Health at Work, British Heart Foundation

\*\*Workplace walking programmes are associated with a positive effect on physical fitness and mental wellbeing (Warne et al, 2025).

### 3 things you can do



#### Try a walking meeting

Try taking one meeting a week over a short walk. It can help conversations feel more relaxed and open.



#### Start a lunchtime walking group

Walk with colleagues over a 10 to 40-minute lunchtime walk. You could set step goals or explore a new route around your office.



#### Sign up for our Walk at Work Award

Join our scheme to help your organisation build a walking culture and support staff to move more every day.



### About Walking Scotland

We're your national walking and wheeling charity. We work with organisations across Scotland to create a culture of walking and wheeling.

### Find out more

Get inspired at [walkingscotland.org.uk](https://www.walkingscotland.org.uk)