

# WALK TO WORK WEEK

APRIL 26-30



## Hammersmith LONDON Competition

### THE STEP CHALLENGE

Register for your **FREE Pedometer** and keep a daily record.

**PRIZES INCLUDE AN IPOD NANO AND LUNCH AT ANTONIA'S**

Why not enter a team for the Inter Company Challenge?  
**and win A LUNCH FOR ALL YOUR TEAM AT ANTONIA'S**

- Maximum number on a team is 5
- Companies may enter more than one team

If you achieve the highest number of individual steps **win an IPOD NANO**

*Can you rise to the Step Challenge?*

### HOW TO REGISTER

To receive your **FREE Pedometer**, map and record card please register online: [www.hammersmithlondon.co.uk](http://www.hammersmithlondon.co.uk)

or email [info@hammersmithlondon.co.uk](mailto:info@hammersmithlondon.co.uk)

If also entering as part of a team, please state Team Name.

### DURING WALK TO WORK WEEK WHY NOT

1. Try walking all or part of the way to work
2. Try walking all or part of the way home from work
3. Hold a walking meeting
4. Walk all or part of the way to a meeting
5. Take a walk during your lunch break

**Get fit without the hassle**  
Try walking to, from or during work

### WHILE YOU WALK, YOU CAN:

- Enjoy your favourite tunes - in the morning choose an upbeat sound track that'll get you going. On the way home, wind it down. See [some great tracks to walk to](#), as suggested by some top musicians.
- Catch up on the news on the move with a personal radio.
- 'Read' that novel - put a talking book on your iPod.
- Think - walking gives you all the head space you need...
- Talk on the phone - use the time to catch up with friends and family.
- Enjoy the view - get to know your local area.
- Look out for wildlife, architecture and local features - there's lots to spot if you look at your surroundings.
- And for even more ideas check out the monthly [top tips](#).