

Weaving workplace health and active travel - elements that can be included in an intervention.

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- Pre- and Post- intervention surveys
- Evaluation interviews 6 months after intervention
- Lunchtime kiosks – sharing workplace health and active travel information and gathering suggestions for local destinations within walking and cycling distance (could be an opportunity to distribute pedometers and cycle computers).
- One to one or one to many motivational interviews around personal wellbeing and active travel – the **Walk Well Work Well** 7 step programme
- Devising 5 circular walk-about routes linking local destinations centred on a specific base(s) – one for each day of the week – these include distance (in ms, miles, paces) and duration (20 - 30 minute walking).
- Devising 20 – 40 minute cycling and / 20 – 40 minute running circular routes
- Devising simplified maps and route commentaries as graphic handouts
- Risk assessment and “ground truthing” of routes prior to led walks
- Leading groups walks around circular routes – gathering feedback with simple post it note suggestions
- Devising accompanying safely leaflets for walking, cycling and running
- Bring together a table of comparative journey times (for 5 modes) from the centre to local destinations
- Collated directory of local destinations with details of distance (in paces and mileage) and duration
- Devising and designing “hubstar diagrams” of local destinations of a centre
- Devising a “constellation diagram” of distances and duration by mode between centres
- Devising motivational initiatives including treasure hunts, quizzes regarding local knowledge and challenges (for staff teams)
- Devising and delivering active travel champion training, motivational interviewing technique training, walk leader and walk buddying advice