Walking meetings are a great way to get up and away from your desk. By moving as much as possible you can help avoid back and posture issues and it helps get that step count up.

How do you get yours?

Healthy Cornwall

www.healthycornwall.org.uk/getyours
You might feel like you’ve been on your feet all day and you’ve done your physical activity... but it’s important to make sure you’ve raised your heart rate. So if you haven’t been out of breath for ten minutes, get together with your colleagues and try a quick walk in your break.
You might feel like you’ve been on your feet all day and you’ve done your physical activity... but it’s important to make sure you’ve raised your heart rate. So if you haven’t been out of breath for ten minutes try using a break to stretch your legs and get your heart rate up.