



GREATERSPORT

Supporting

Salford City Council



Move More



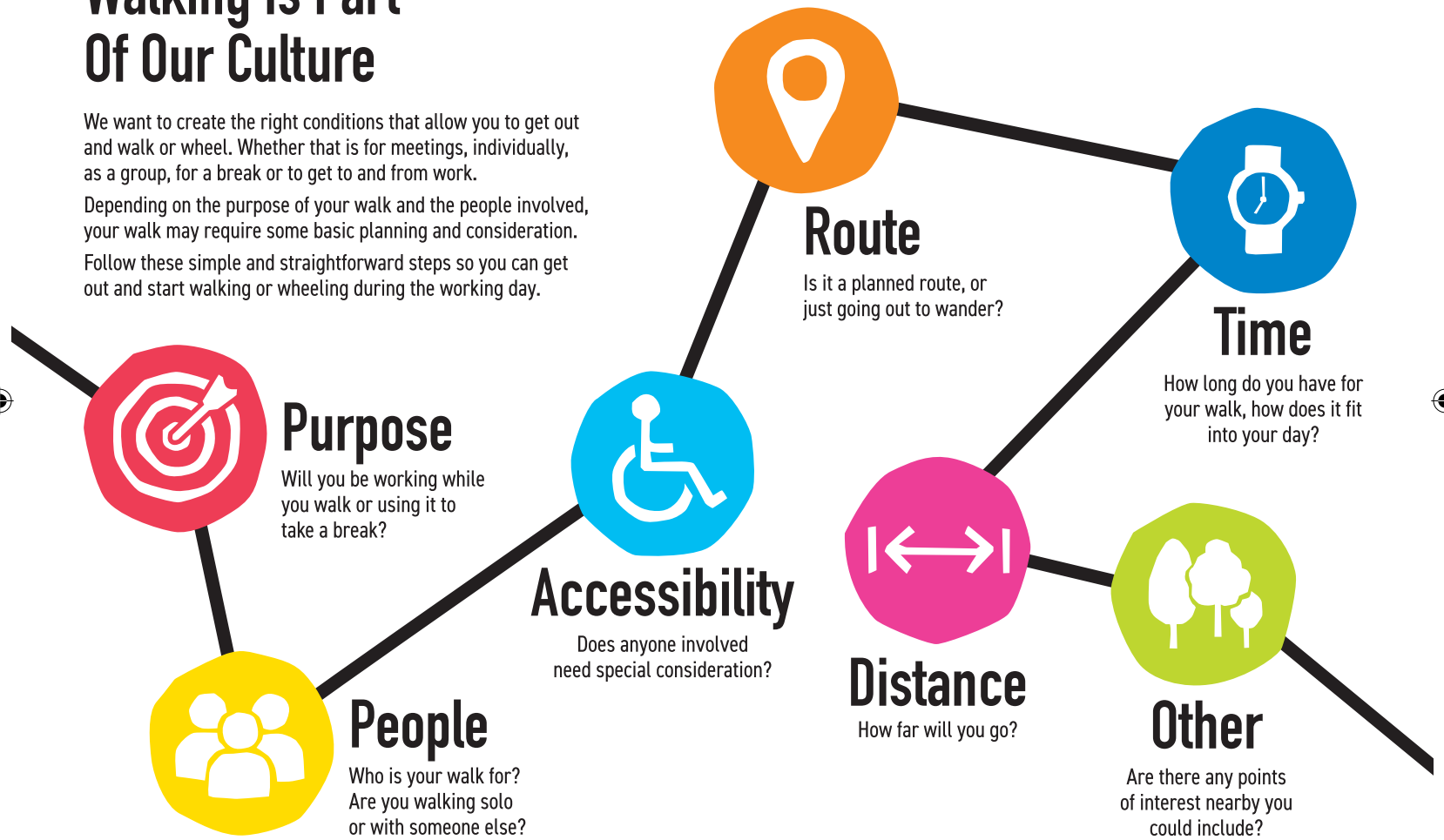


Walking Is Part Of Our Culture

We want to create the right conditions that allow you to get out and walk or wheel. Whether that is for meetings, individually, as a group, for a break or to get to and from work.

Depending on the purpose of your walk and the people involved, your walk may require some basic planning and consideration.

Follow these simple and straightforward steps so you can get out and start walking or wheeling during the working day.



Purpose

Will you be working while you walk or using it to take a break?



Accessibility

Does anyone involved need special consideration?



People

Who is your walk for? Are you walking solo or with someone else?



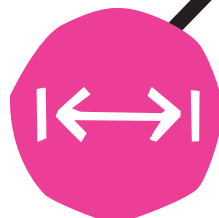
Route

Is it a planned route, or just going out to wander?



Time

How long do you have for your walk, how does it fit into your day?



Distance

How far will you go?



Other

Are there any points of interest nearby you could include?

