



## CYCLING AND WALKING TO WORK – FOUR WEEK CHALLENGE

### Walk or Cycle Your Way to Great Prizes!

Enter via the dedicated survey link or by emailing the form (send a photo/scan or save/edit the pdf).

**Walking and cycling provides an opportunity for everyone to fit regular exercise into their daily routines. The health related benefits include:**

- **Keeping the musculoskeletal system healthy**
- **Boosting cardio-vascular fitness**
  - **Promoting mental well-being**
- **Reducing the risk of coronary heart disease, stroke, cancer, obesity and type 2 diabetes**



**Top Prizes**  
**Bike Voucher**  
**Tablet**  
**Liverpool One Shopping-Restaurant Vouchers**  
**Runners Up**  
**Walking, Cycling and Public Transport Goodies**





"This project is funded by the Department for Transport Cycling and Walking to Work Programme Pilot Fund"

Name:  Email:  Home Postcode:

Employer's Name:  Current main travel to work mode:

Tick here  to agree that Merseytravel and WSP can process your personal information in connection with this Challenge.

Choose from one of the following FOUR WEEK challenges to enter our prize draw:

I will walk to work at least once a week

I will cycle to work at least once a week

I will cycle or walk as part of a public transport journey to work at least twice a week

Gain an additional prize draw entry by sending a photo of your walk or cycle to work with your Name, Email Address and Employer's Name to

[business.support.LCR@wsp.com](mailto:business.support.LCR@wsp.com)

Please note these photos may be used for promotional purposes.

Other (please state a four-week walk/cycle to work aim)

Helpful tip: Visit [Walkit.com](http://Walkit.com) or [Cyclestreets.net](http://Cyclestreets.net) for more information on walking and cycling

Tick here if you would you like a FREE Personalised Journey Plan to help with your walk/cycle/public transport journey

Please return a copy of the completed challenge form by email to [business.support.LCR@wsp.com](mailto:business.support.LCR@wsp.com) or complete the online survey via <https://www.surveymonkey.co.uk/r/LCRchallenge> by 24<sup>th</sup> August 2018. Prize draw to take place on 31<sup>st</sup> August 2018. Business Support Officers will contact you to obtain feedback on your challenge. See [www.merseytravel.gov.uk/pages/data-protection.aspx](http://www.merseytravel.gov.uk/pages/data-protection.aspx) for data protection Fair Processing Notice. Any questions or queries? Email [business.support.LCR@wsp.com](mailto:business.support.LCR@wsp.com) or call 0151 331 8192.