British Heart Foundation Scotland



Sign up to Walk for Hearts this Heart Month

Whether it's 28, 50 or 100 miles in a month, every step you take in February helps us tackle cardiovascular disease - the world's biggest killer. A short stroll in the park, a trip to the shops, or a longer walk with friends — every step adds up. It's your challenge, so you choose when and where you get your miles in.

Talk to our friendly community fundraising team to get signed up as a workplace, we'll help you by creating your own dedicated online fundraising campaign which will track all donations made to your company effort.

We can also provide you with supporting materials like badges and medals to celebrate your achievements and posters and promotional materials to get the word out about your fundraising efforts.

To maximise your fundraising and introduce a little healthy competition why not split into teams or departments, each team can set their own fundraising target and use the time on lunchtime walks not just to log miles but to connect, collaborate and network.

The benefits of daily walking are incredible! Just 11 minutes a day of moderate physical activity such as a brisk walk, lowers the risk of an early death and can also reduce the risk of developing cardiovascular disease and cancer. It also has immediate benefits on the body and the mind! It helps to ease muscle pain and stiffness which can be caused by sitting during long periods like the working day but also increases your blood flow making you feel more alert and refreshed.

Visit our website to sign up **bhf.org.uk/wfh-register**
Scan the code below or contact your friendly local fundraising manager.

Email:

Call:

Registered with FUNDRAISING REGULATOR

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