

SOLOMONS STAFF FUNDRAISER FOR THE BRITISH HEART FOUNDATION – JUST WALK!



WE USE NATIONAL WALKING MONTH TO KICK START OUR 2016 HEALTH & WELLBEING FOCUS & TO GET EVERYONE WALKING!

NATIONAL WALKING MONTH



JUST WALK!

The British Heart Foundation has launched a the 'Just Walk' challenge as part of National Walking Month - inviting individuals and companies to get walking to raise funds for research into heart disease.

Just Walk is simple. You get to pick your route, choose when you want to walk, and then all you need to do is, well, just walk.

We think the Solomons team have already proven they are pretty good at walking via our 2014 10,000 step UK challenge so we thought it would be good to get stuck in and throw our weight behind this one!

WHAT WE NEED TO DO



DO ONE GREAT WALK EACH WEEK (MORE THAN 1 MILE, OR 3,000 STEPS)



TAKE A SELFIE WHEN YOU (& THE FAMILY) ARE OUT ON YOUR WALK



POST THE WEEKLY PHOTO ON IN TOUCH WITH YOUR STEP COUNT / DISTANCE

When a member of staff posts a weekly photo - Solomons will donate £5 to the BHF Just Walk campaign. For every solomons staff member who posts the maximum 4 weekly photos Solomons will top the total donation up to £50 - so let's get walking and snapping!

