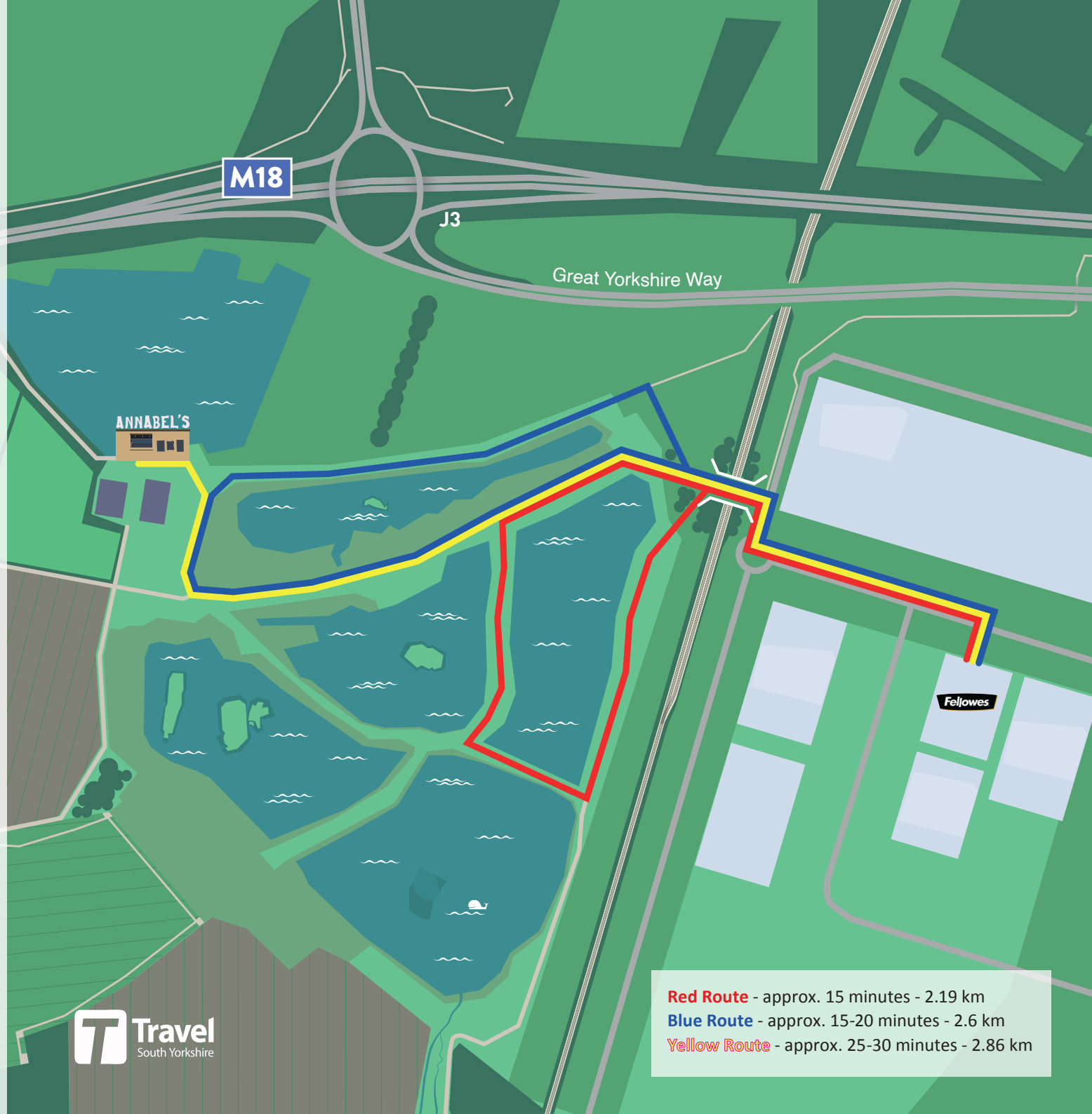


# Workplace Lunchtime Walk at the iPort

Going for a walk is a great way to be more active and include regular exercise into your daily routine, and a brisk walk can have so many positive effects on your mental and physical wellbeing. Studies have shown that using your lunch break to get outside can both boost your productivity and improve your concentration levels—helping you to beat the afternoon slump! Walking also releases endorphins that can have a powerful impact on improving mood, curbing anxiety and easing stress, all of which can play a part in ensuring a more relaxed and happier working week.

We're here to help you make that first step and have planned and risk assessed three nearby walking routes from your workplace making the most of the surrounding green space. All routes will get you back to your building in 30 minutes – so grab a pair of trainers, comfortable and suitable clothing and put your best foot forward!

Please keep in touch with us via email [sustainabletravel@sypte.co.uk](mailto:sustainabletravel@sypte.co.uk) or share your #ActiveTravel pictures with us @TSYActiveTravel



**Red Route** - approx. 15 minutes - 2.19 km  
**Blue Route** - approx. 15-20 minutes - 2.6 km  
**Yellow Route** - approx. 25-30 minutes - 2.86 km