

**Press
Release**



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clydebank housing association

Clydebank Housing Association is Walking the Walk

20 members of Clydebank Housing Association (CHA) staff and voluntary management committee have signed up for this year's national Walk at Work Step Count Challenge, organised by Paths for All.

Four teams of 5 entered the 8-week challenge and team members will wear pedometers during both work and personal time for the duration. The challenge, which runs until 30 April, will see the CHA teams pitted against 860 other teams from over 300 workplaces taking part from all over Scotland, from Orkney to the Borders and just about everywhere in between!

CHA, who completed their first six week challenge in October, recording 6.2 million steps by 22 members, recognises that walking is a cheap and effective way to promote better health and wellbeing and committing to the long term promotion of walking at work can provide many benefits to both employees and employers.

Photocall: n/a

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Notes to Editor: This challenge commenced Monday 5 March. A press release will also be issued at the completion of the challenge detailing progress. www.pathsforall.org.uk