

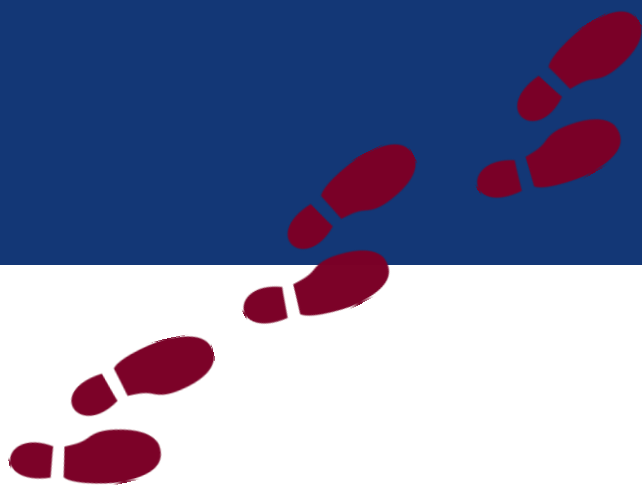


Walking Meetings

'A 30minute walking meeting burns approximately six times more calories than a 30 minute sitting meeting.'



'Research shows that creative output increases by an average of 60% when a person is walking.'



Walking meetings are great for creative discussions, problem solving or reflection, rather than detailed analysis of paperwork. As exercise stimulates people and increases alertness, walking meetings are perfect for breaking up planning discussions or when energy levels subside in the afternoon



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