A pink text with rays of light

Description automatically generated**Social Media Planner: Walk to Work Day 4 April 2025  
Please tag @MyLivingWell1  
All graphics available to download from:** [**https://mylivingwell.co.uk/resources/toolkits/**](https://mylivingwell.co.uk/resources/toolkits/)If you have any issues or enquiries or need the graphics to be sent via WeTransfer please contact: [communications@mylivingwell.co.uk](mailto:communications@mylivingwell.co.uk)

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| --- | --- | --- |
| **Platform** | **Message** | **Image** |
| **X (Twitter)** | 👣Walk to Work Day April 4  Most of us rush (& hit snooze before crawling out of bed) Who has time to walk to work?  📢YOU DO!  Mornings are lighter & the weather is better so give it a go! Feel more awake & ready to face the day!  <https://youtu.be/FIv8pPa_hq8>  #20MinMove  @MyLivingWell1 | A person walking on a path  AI-generated content may be incorrect. |
| **Facebook** | 👣 Walk to Work Day April 4  Most of us rush around each morning (and hit snooze before crawling out of bed!) and only just get to work on time in the car. Who has time to walk to work right?  📢 YOU DO!  The mornings are lighter and the weather is getting better ☀️ so why not give it a go?  Set your alarm ⏰ a bit earlier, grab breakfast to eat on the go & wear comfy shoes.  You will feel more energised and awake ready to face the day!  <https://youtu.be/FIv8pPa_hq8>  #20MinMove @MyLivingWell1 | A person walking on a path  AI-generated content may be incorrect. |
| **Instagram** | 👣 Walk to Work Day April 4  Most of us rush around each morning (and hit snooze before crawling out of bed!) and only just get to work on time in the car. Who has time to walk to work right?  📢 YOU DO!  The mornings are lighter and the weather is getting better ☀️ so why not give it a go?  Set your alarm ⏰ a bit earlier, grab breakfast to eat on the go & wear comfy shoes.  You will feel more energised and awake ready to face the day!  mylivingwell.co.uk @MyLivingWell1  #20MinMove #WTWD25 #WalkToWork #PhysicalActivity #WalktoWorkDay #Lifestyle #healthyLifestyle #GetActive #FeelGreat #Walking | A person walking on a path  AI-generated content may be incorrect. |
| **Alt Text** | A photo of a person walking along a path with a tinted blue background over the top. Join the 20 Minute Movement logo in white at the top and the hashtag #20MinMove at the bottom | |
| **X (Twitter)** | 👣 Walk to Work Day April 4  ⏰ Set your alarm a bit earlier & give it a go!  Everyone can join in! Walk all the way or get off the bus/train earlier or park a bit further away than usual and walk the rest of the way in!  <https://youtu.be/FIv8pPa_hq8>  #20MinMove  @MyLivingWell1 | A collage of different objects  AI-generated content may be incorrect. |
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| **Alt Text:** | Collage of photos showing a various alarm clocks with a hand above turning the alarm clock off at 7am. | |
| **X (Twitter)** | 👣 Walk to Work Day April 4  If you have to drive you can still join in! Go for a walk at lunchtime (ask work friends to join you!)  Physical activity can:  😀 Improve mood  🧠 Decrease the chance of depression/anxiety  Give it a go!  <https://youtu.be/FIv8pPa_hq8>  #20MinMove  @MyLivingWell1 | A collage of people walking on a sidewalk  AI-generated content may be incorrect. |
| **Facebook** | 👣 Walk to Work Day April 4  If it’s not possible to change your usual commute to work, you can still join in! Go for a walk at lunchtime! (You could ask some of your work friends to join you!)  Physical activity can:  😀 Improve mood  🧠 Decrease the chance of depression/anxiety  Give it a go!  <https://youtu.be/FIv8pPa_hq8>  #20MinMove  @MyLivingWell1 | A collage of people walking on a sidewalk  AI-generated content may be incorrect. |
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| **ALT Text** |  | |
| **X (Twitter)** | 👣 Walk to Work Day April 4  ✅ Benefits of physical activity:  📈 Manage stress, back pain, weight & some medical conditions incl. heart disease, high blood pressure, stroke, type2 diabetes. Also helps reduce risk of some cancers  <https://youtu.be/FIv8pPa_hq8>  #20MinMove  @MyLivingWell1 | A person walking on a sidewalk  AI-generated content may be incorrect. |
| **Facebook** | 👣 Walk to Work Day April 4  ✅ Some of the benefits of physical activity:  📈 Manage stress, back pain, weight & various medical conditions including heart disease, high blood pressure, stroke & type-2 diabetes. It can also help reduce the risk of developing some cancers  <https://youtu.be/FIv8pPa_hq8>  #20MinMove  @MyLivingWell1 | A person walking on a sidewalk  AI-generated content may be incorrect. |
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| **ALT Text** | On the left hand side of the photo it shows a 20 Minute Movement advert. The upper half has a blue background with white text that reads Move your body for just 20 minutes every day! Get active on your own or with family and friends. Join the 20 Minute Movement logo in white at the top. Lower half has a pink background with white text that reads visit our website to find activities near you my livingwell.co.uk and the Living Well logo. On the right hand the photo shows a young women walking in Bradford city centre | |