

**CORPORATE TOOLKIT – GET YOUR TEAM ASSEMBLED**



## RECONNECT YOUR TEAM

Kiltwalk offers the perfect solution to connect you and your colleagues.

It can help bring the whole team together to feel part of something larger than the office (or home office).

It's also great fun, good for your mental health and can make a real difference to a charity you care about – what more do you need. Let's do good & feel good!

# HEALTH BENEFITS OF *WALKING DAILY*



Helps in weight loss

Increases lung capacity



Improves heart health

Sugar cravings are **lowered**



Reduces chronic diseases

Improves mood



Prevents cancer

Prevents disability in old age



Delays ageing

Improves varicose veins



Lowers blood pressure

Boosts immunity



Reduces stroke risk in women

Speeds up digestion



Decreases diabetes risk

Reduces dementia risk



Welcome to our growing community of Corporate Teams,  
you're doing something amazing!



**Arnold Clark**



# CHOOSE YOUR CHALLENGE!

## 1. Select An Event:

**GLASGOW • 26-27 APRIL 2025**

**ABERDEEN • 1 JUNE 2025**

**DUNDEE • 17 AUGUST 2025**

**EDINBURGH • 14 SEPT 2025**

You can take on any challenge you wish ... you could even sign up to do all 4 cities, it's entirely up to you!

## 2. Select A Distance:

THE **Mighty Stride**



**23 miles approx\***

**Entry £20**

THE **Big Stroll**



**14 miles approx\***

**Entry £20**

THE **Wee Wander**



**3 / 4 Miles approx\***

**Entry £13 adult /  
£7 child**



@thekiltwalk



@kiltwalk



@thekiltwalk



@thekiltwalk

\*Distances vary depending on event, please refer to Kitlwalk Website for accurate details



## WALKER JOURNEY

01

Sign up at  
[www.thekiltwalk.co.uk](http://www.thekiltwalk.co.uk)

02

Activate your  
**JustGiving**<sup>™</sup>  
fundraising page  
and start training

03

Complete your  
challenge, share  
your success on  
social media, get the  
bragging rights &  
your Kiltwalk medal

04

**REMEMBER!**  
Send funds to your  
charity by the  
fundraising deadline



## ASSEMBLE YOUR TEAM IN 3 SIMPLE STEPS !

### STEP 1

#### CREATE YOUR TEAM & INVITE COLLEAGUES

- Your Team Captain should register first via [www.thekiltwalk.co.uk](http://www.thekiltwalk.co.uk)
- When asked 'are you part of A TEAM', answer yes
- Input a unique team name for your company / group

### STEP 2

#### SET UP YOUR ONLINE FUNDRAISING PAGE

- Once registered, an email will be sent with a link to your unique 'Just Giving Fundraising page'. Click on this & set up your own personal Just Giving page
- From this page, you can then create a 'Team page' on Just Giving
- Once your 'Team page' is created, send colleagues the link so that they can join the page
- Your Team Page will show the running total of all team members fundraising from their own individual pages
- For more information on Team Fundraising Pages click [here](#)

### STEP 3

#### GET EVENT READY!

- Start training and fundraising!
- Remember to share your progress by tagging in @thekiltwalk on LinkedIn, Facebook, Twitter & Instagram



# TOP TIPS ON HOW TO BUILD YOUR TEAM

(Get the whole organisation involved!)

**01** Nominate & grow your team  
Nominate 5 colleagues to join you!

**02** Make it competitive  
challenge another department or regional office to beat the miles you cover or the amount you raise!

**03** Get Social  
Share posts on internal or public social media platforms that your company uses. You're doing something great, why not let everyone know!  
  
Hint: This pack contains social tiles you can use. Remember to tag in the Kiltwalk so we can like & share

**04** Consider buying places  
We can provide you with a link to buy places in bulk to offer either free or discounted places to colleagues. This will help encourage people to sign up. Perhaps your organisation wants to offer free places to the first 100 people who sign up!

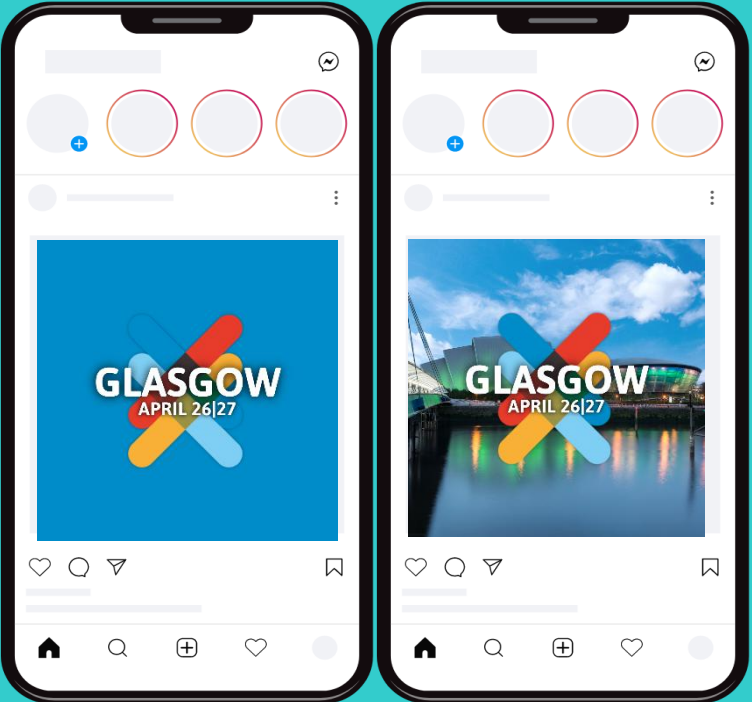
**05** Email Colleagues  
Send an email to colleagues & share details on how to get involved

**06** Set up a WhatsApp or Facebook Group  
Log your training miles covered and share how you're getting on. Build that feeling of being a team.

# Included in your Corporate Toolkit

[Click here to access artwork and logos](#)

## Social tiles



## Logos



## Photography







# kiltwalk

*Arnold  
Clark*

 THE  
HUNTER  
FOUNDATION

ANY QUESTIONS?

[contactus@thekiltwalk.co.uk](mailto:contactus@thekiltwalk.co.uk)