

[Listen to this page](#)

## Set Yourself Free

Summer is just around the corner, a perfect time for commuters to set themselves free and walk and cycle to work.

We have up to £700 for West Yorkshire commuters who get fit for business by walking or cycling some or all of the way to work in June 2009.

The competition is open to employers who are members of the Travel Plan Network and also individuals who work for organisations who are not members of the Travel Plan Network. For information on how you can get involved read the relevant sections below.

### Employees

Walking and cycling are perfect ways to exercise; they're good for your pocket, the environment and your health.

We have two prizes of £100 to give away to people who walk or cycle some or all the way to work in June 2009.

To enter the competition you need to register for a diary card and complete it every time you walk or cycle to/from work in June. If you use public transport you can take part by walking or cycling to the train station or get off the bus a few stops earlier. If you drive, why not park further away from the office and walk or cycle the final part of your journey? [Register for a diary card using our online form](#).

Please note the prizes of £100 are on offer to individuals who work in West Yorkshire, where their employer is not a member of the West Yorkshire Travel Plan Network. [Contact us](#) for more information on how organisations can join the Network.



### West Yorkshire Travel Plan Network Employers

An active commute means healthier staff that arrive feeling energized and ready to work. As the employer, you benefit too, as the less parking spaces you need.

Experts suggest that 90 minutes of exercise a week can cut absenteeism by 50%, so by encouraging an active commute your business gets healthier too!

Staff joining our Set Yourself Free campaign will receive a diary card to record the dates and distance they've walked or cycled in June. At the end of the month, the diary card becomes their entry to a prize draw with two £250 prizes up for grabs. Healthier and wealthier in one month! [Complete our online form](#) to register your organisation to take part and set your staff free!



For more information and to find out how to order some free bike maintenance sessions and goodies for your staff [read our news story](#). For terms and conditions of the prize draw read our [Frequently Asked Questions](#).

 [Set Yourself Free Campaign Materials](#)

[Bike Week 13 - 21 June 2009](#)



 [Set Yourself Free in Bradford](#)

 [Set Yourself Free in Calderdale](#)

 [Set Yourself Free in Kirklees](#)

 [Set Yourself Free in Leeds](#)

 [Set Yourself Free in Wakefield](#)

### Journey Planner

From  To  [find journey](#)

[More journey options](#)

Hosted by



The West Yorkshire Travel Plan Network is supported by a partnership of Metro, West Yorkshire Local Authorities and the Highways Agency.

[Sign In](#)