

10 Reasons to walk



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1 Walking makes you feel good! It:

- gives you more energy
- improves your mood
- increases confidence and stamina.

For the best results, aim for 30 minutes of brisk walking on most days of the week.



2 Walking reduces stress, helping you to relax and sleep better.

3 Walking improves your physical health. It reduces the risk of suffering from serious medical conditions such as:

- heart disease (by half!)
- strokes
- high blood pressure
- becoming overweight

... and can help you recover from these conditions, or help in their management.

4 Walking gives you a chance to meet other people, and it can help you feel part of your community.

5 Walking helps you see more of your surroundings, and you'll get to places you never knew about before.

6 Walking saves you money on your bus fare or the cost of petrol. It's also a great way to socialise for no cost at all.

7 Walking helps the environment when you walk instead of taking the car.

For physical benefit, walk as though you are late for an appointment. You should be able to talk as you walk - if you can't do this, slow down!

Some tips for getting started ...

- use the stairs instead of taking the lift
- get out for some fresh air at lunchtime
- get off the bus a stop earlier
- park a little way off from where you're going.

8 Walking is free and can be done anywhere at any time. You can build walking in to everyday life by:

- walking the dog
- walking the children to and from school
- walking to get the paper or to post a letter
- taking a family stroll to 'switch off' and socialise.

9 Walking is considered to be an ideal form of exercise because it is one of the safest.

10 Walking can be done by almost anyone and needs no special kit. Go for comfort when choosing your walking shoes. Rubber-soled training shoes that can be fastened to fit your foot offer good support for general walking on firm ground. If walking over uneven ground, a hiking boot with more support is recommended.

Some tips to keep you going...

- walk with a friend
- note your progress – see how much easier you climb stairs
- try new places to walk

For further information:

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