

WHY NOT WALK MORE?

Your Reasons.....

"I don't have the time"

Walking is by far the easiest exercise to fit into a busy lifestyle since you can do it anywhere, at any time that suits you. Every minute you spend waling is quality time, rather than sweating on a packed bus or train or fuming in a traffic jam. You'll still have to make a little effort to find time, but remember active people live longer and have a healthier old age – so think of your walking time as a good investment.

"I don't know any good places to walk"

Sometimes main roads don't feel pleasant and safe for walkers. But there are plenty of quieter streets, paths, parks, waterside and green spaces, even in urban areas if you know where to look for them.

"I don't feel safe on the streets"

It's understandable that people are concerned for their personal safety and security – but it's a great shame if this stops you enjoying the benefits of walking. If you can, walk with a companion - the more people that walk, the safer the streets will be.

"I don't have anyone to walk with"

Why not ask your family, friends and colleagues if they are interested in walking with you? Or try an organised programme of led walks. Find out more about [groups in your area](#).

"I'm too unhealthy to walk"

Walking is a natural and undemanding exercise and you can start off by doing very little and building up slowly, so it's perfect for people who are seriously unfit or recovering from illness. Very few people are so unfit that they'd endanger themselves by walking – but, as with any other exercise programme, if you have any doubts talk to your doctor first.

"My kids won't walk!"

Exercise is essential for children but it can be difficult to get them from their games consoles" See [Walking with Children](#) for guidance

"I didn't think I would enjoy walking, but I took my young son and now I just can't stop thinking of ideas and places for us to walk to". Peter, Edinburgh



DOWNLOAD YOUR FREE 12 WEEK WALK PLAN

The aim of the plan is to get you walking briskly for at least half an hour on at least five days of the week.

Take 30

Introduction
Welcome - Dr Andrew Murray
Walking Works Wonders
What the Experts Say
Walking and Health
Walking and Mental Health
Walking and Cancer Treatment
Walking and Asthma
Walking and Diabetes
Walking and Epilepsy

12 Week Walk Plan

Introduction
Make it Brisk!
Walk & Save Money
Why Not Walk More?
Did You Know?
Achieve 3000 extra steps a day

Get Walking

Where to Walk
Walking with a Group
Short Easy Walks
Sitting Down is Killing You!
Walking at Work
Walk and Talk
Walking with Children
Other Ways to Get Active
Clothing & Equipment
Winter Walking Tips
Know the Code
Walking with Ramblers

Medal Routes

Introduction
Medal Routes in Your Area
Volunteer

Be Inspired

Introduction
What Cycling Did for Me!
Overweight or Obese?
Recovery from Spinal Injury
Progression from health walks
Keeping fit in later life
Anything is possible!

News

[Links](#)
[Contact Us](#)

Site Map

[Terms & Conditions](#)
[Cookies](#)

Tel: 01577 861222 | Email: scotland@ramblers.org.uk
Ramblers Scotland, Kingfisher House, Auld Mart Business Park,
Milnathort Kinross, KY13 9DA

The Ramblers' Association is a registered charity (Scotland no SCO39799, England & Wales no 1093577) and a company limited by guarantee, registered in England and Wales (no 4458492). Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW

Website by Metazoa



supported by players of

