

**Why walk?**

- ▶ Walk with us
- ▼ Walking Works
  - ▶ Healthy bodies
  - ▶ Healthy minds
  - ▶ Meet new people
  - ▶ Preventing illness
- ▶ Walking with health conditions
- ▶ Walkers' stories
- ▶ Keep walking

**Healthy bodies****With walking, you don't have to do a lot to reap the rewards.**

The minimum recommendation from doctors to keep your body healthy and [prevent illness](#) such as heart disease, cancer and diabetes is 150 minutes of activity a week. So you could look at that as just 30 minutes a day, 5 days a week – and you can break that down into chunks of ten or fifteen minutes at a time if you like.

Public Health England have produced an infographic based on the UK Chief Medical Officers recommend levels of physical activity guidelines [which you can find here](#).

## How much activity do we need to do each week?

You don't have to walk for a long time or at a brisk pace from day one. You can build up as you go. And it won't be long before you start to see the benefits.

**"Walking for Health has helped me build up my fitness and lose weight – now I walk for enjoyment, not just around the supermarket"**

Catherine, walker

Walking can help to keep your [mind](#) and your social life healthy too, so why not make a start and [find a walk near you today](#). We're a friendly bunch and we'd love you to join us.

## share this page:



### Find a local health walk scheme today...

Search within 5 miles

of

[search >>](#)

### Latest tweets from @healthywalks

- ▶ Were you out walking this weekend? 🐾 If you didn't get the chance, why not join a short group walk this week?... <https://t.co/sgDxTQ9ZbK> — 4 hours 54 min ago
- ▶ People start walking for different reasons, and experience all kinds of physical, mental and social benefits as a r... <https://t.co/4UQ5DD4Spk> — 4 days 3 hours ago
- ▶ RT @RamblersGB: Margot and her son Thomas, joined the Stepping Out Carers' Walks in Kent. Read about how attending these sociable... <https://t.co/lAT7t9YSmO> — 5 days 2 hours ago

[follow Walking for Health on Twitter »](#)





[News](#)  
[WalkFinder](#)  
[Running health walks](#)  
[Training](#)

[Cookies](#)

Supported through  
funding from players  
of People's Postcode  
Lottery and Macmillan