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# Walking



Here with you  
step by step

## Walking small steps for a big difference

Gentle, low impact and free. Walking is a great form of exercise that's suitable for all ages. The benefits of this simple activity are often overlooked, but adding walking to your day is proven to strengthen your heart, keep weight in check and reduce the risk of type 2 diabetes.

Some simple changes in your routine can add in those extra steps:

- Take advantage of the Short Hop fares (where available) and walk to the next bus stop. You will save money at the same time!
- Go for a walk at lunch with a friend or participate in a led walk – a number of organisations offer led walks
  - [Birmingham Walking Groups](#)
  - [Coventry Healthy Walks](#)

- [Dudley Walking Programme](#)
- [Sandwell Stride](#)
- [Walking in Solihull](#)
- [Walsall Walk On](#)
- [Positively Birmingham Walking Tours](#)
- [Ramblers](#)

- Get off the bus or tram a bit earlier and walk the rest of the way or walk to your station instead of park and ride
- Take the stairs instead of the lift
- Walk the kids to school and back and get the family moving!

Consider your daily routine and try to think of some journeys where you could walk instead or even just some spare time that you could use to get out, clear your head and add in some extra steps.

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## Getting Started

### **A fitter you, starts with your feet!**

The great thing about walking is that you don't really need anything to get started! However, a good pair of trainers will help make your walk pain free and encourage you to keep going for that little bit longer. If you move on to longer walks or hikes into the countryside, you may want to invest in some walking boots and a waterproof jacket.

### **Find a walking route**

The best route on foot is not always the same as you would take by car. You have the option of taking a quick route or try something a little more relaxing. Use the [Walkit.com](https://www.walkit.com) journey planner to help plan your journey. [Walkit](https://www.walkit.com) is a free-to-use website and app that's perfect for planning walking routes in the West Midlands. Once you've entered your start and end point, it will generate:

- An optimised route based on whether you prefer the quick or less busy option
- A plotted out map
- A set of written turn-by-turn directions
- An estimated walking time

- Journey distance
- Calories burnt
- An estimated carbon saving

There are a number of other walking routes you can take to explore the area:

- [Wolverhampton Walking Trails](#)
- [Birmingham Walks](#)
- [Canal Towpaths](#) – many of canal towpaths have been recently upgraded and there are so many routes to choose from in the area!

### Staying motivated

Just keep up the good work and make walking a habit! Research has shown even a ten-minute walk provides health benefits!

### Get your family moving too

Walking the kids to school will help your whole family get more exercise. [Living Streets](#) and Transport for West Midlands are working in partnership to help get kids walking to school. If you would like to get your school involved please contact [Tom Richards at Living Streets](#).

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