

Why walk?

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Walking Works



Walking has been described as the perfect exercise, and we completely agree! Hover over the images to below and click the links to find out how walking can help everyone live happier, healthier lives.

Healthy bodies

Healthy minds

Meet new people

Preventing illness

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Find a local health walk scheme today...

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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> — 3 hours 52 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 2 hours ago
- ▶ RT @RamblerGB: 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 1 hour ago

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Walking works report

Walking works, and we have the proof! Our extensive overview of the mounting research into the life threatening consequences of inactivity, which concludes that walking is the answer. Supported by Public Health England, this report demonstrates walking is the solution to getting the nation active, and shows how Walking for Health is already changing people's lives.

[>> Walking Works summary report](#)

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