



Supporting you to get active and stay active

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Why walk?

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Preventing illness

Keeping active can reduce your risk of...

Being physically active significantly reduces the risk of several major health conditions by between 20% and 60%, including heart disease, stroke, type 2 diabetes, colon and breast cancer and Alzheimer's disease. It also helps you maintain a healthy weight, improves cholesterol levels, reduces blood pressure, builds healthy muscles and bones, improves balance and reduces the risk of falls.

Want to know more? Take a look at our [Walking Works report!](#)

Brisk walking

Regular brisk walking improves the performance of your heart, lungs and circulation. It can also lower your blood pressure. And it can reduce your risk of strokes, as well as the UK's biggest killer - heart disease.

A gentle pace

Even if you're not ready to walk at a brisk pace, you can take your time and build up slowly. Walking at any pace will help you to manage your weight, reduce the risk of developing type 2 diabetes and reduce the risk of some cancers (inactive people are more likely to develop colon, breast and lung cancer than those who exercise).

Walking will improve the flexibility and strength of your joints, muscles and bones too - and it'll reduce the risk of osteoporosis.

We don't always think of walking as exercise - perhaps because it's so normal that we take it for granted. But walking is a great way to get active and prevent illness.

So if you want to get started, why not find your local health walk and join today?

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Latest tweets from @healthywalks

- ▶ Gwenda's incredible story can help us shine #ALightOnCancer <https://t.co/DsSPtEBRC9> <https://t.co/MjRVgdqUB6> — 8 min 14 sec ago
- ▶ "As @RamblerGB point out, walking is probably the best single way of promoting both physical and mental health" <https://t.co/UTV7enTyOD> — 1 day 19 min ago
- ▶ Know someone who could benefit from an active, social, outdoor activity? We've got just the thing... #SelfCareWeek... <https://t.co/vRbfK2oXip> — 1 day 1 hour ago

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