

Improves your physical health

Regular walks can reduce the risk of major health conditions by up to 50%, such as:

- Heart Disease by 35%
- Stroke by 35%
- Type 2 Diabetes by 50%
- Some Cancers by 20-50%

Walking for 30 minutes most days can help you live 7 years longer.

Walking **ONE** mile is 100 calories.

Walking keeps your heart and circulation healthy and improves your flexibility.

Supports your mental wellbeing

Walking helps you sleep better, giving you more energy throughout the day.

Walking can be enjoyed as a social activity and can reduce the risk of Alzheimer's by 45%.

Walking can make you happier by releasing endorphins in your body, which can improve your mood.

Walking can be an effective way of reducing depression, it can also reduce stress and anxiety levels.

Walking

Helps the local environment

Every mile WALKED instead of DRIVEN cuts out 0.2kg of CO₂.

Choosing to walk instead of drive will reduce air pollution, which improves your physical health as well as the environment.

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Enhances community

Improved neighbourhoods: Residents of streets with beautiful trees and green spaces can help you to improve local parks and woodlands.

Walking allows the opportunity to stop and chat with a neighbour... and enjoy the environment around you.

More walkers on the street can reduce traffic speeds, increase safety and the need for street surveillance.