



Supporting you to get active and stay active

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

Healthy minds



A good walk can do wonders for your mental wellbeing.

But it's not just about the occasional one-off feel good factor. Being active has a whole range of benefits when it comes to mental wellbeing.

It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue. Physically active people have up to a 30% reduced risk of becoming depressed, and staying active helps those who are depressed recover.

In older people, staying active can improve cognitive function, memory, attention and processing speed, and reduce the risk of cognitive decline and dementia.

"Walking has always been there for me, my confidence has grown immensely. I'm a totally different person now than I was ten years ago and I owe so much of that to walking."

Kath, walker with bipolar disorder

The physical improvements you gain by walking can help to improve your mental health too. If you feel fitter and feel in control of your weight, your body image and confidence can increase - so it's not just the physical benefits that you'll notice when you start walking.

Walk regularly. Invest in your long-term health now and you'll see the difference that walking can make to your mind, your [body](#) and your [social life](#). Walking in a group is a great way to get started and stay motivated, so [find your local Walking for Health scheme](#) and join us today.

>>Visit Mind's website for more information about physical activity and mental health

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