One of the best benefits of joining a walking club is connecting with others and forming new friendships. Walking is much easier when you know you'll have good friends to chat with as you go.

**Studies of walking groups have found a wide range of health benefits including improvements in:**

* Blood pressure.
* Heart rate.
* Body fat.
* Body mass index (BMI)
* Total cholesterol.
* Oxygen uptake.
* Walking time.
* Risk for depression

Walking has been shown to reduce symptoms of anxiety and depression, improve mood, and boost self-esteem. When you join a walking club, you not only can enjoy the physical benefits of exercise but also the mental clarity and relaxation that comes with spending time outdoors.

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

Purposeful walking involves walking with a clear intention or goal. It could be a simple activity like walking to the shop or a more structured activity like a walking programme. The idea is that having a purpose makes the walk more engaging and beneficial.