Walk more... feel the difference

Why going for a walk is a great thing to do
Going for a walk is a great thing to do!

It is really good for you and your body. Here are some reasons why walking is good...

- It makes you healthy and happy.
- You could meet people and make friends.
- It is free. It will not cost you any money.
- It is easy! All you need is a good pair of shoes.
Some ideas to help you get walking

- Try to walk instead of driving your car to somewhere that is nearby.
- Get off the bus before your usual stop and walk the rest of the way.
- Go up the stairs instead of using the lift.
- Go out at lunchtime and walk somewhere, like your nearest park.
- Take a friend’s dog for a walk.
How much walking should you do?

- Only 30 minutes a day (or more if you can).

- You could do this in stages. For example, walk for 10 or 15 minutes in the morning and the rest later on.

- Walk at the right speed. Start every walk slowly. After about 5 minutes, start to walk a bit faster so that...

  - you feel a bit warmer,
  - you breathe a bit faster,
  - your heart beats a little faster.
- It should take about 15 to 17 minutes to walk a mile at this speed.

- Do not walk too fast. You should still be able to talk ok.

- Slow down towards the end of your walk.

- Only do what you feel ok to do.

- Start slowly. You could start by doing 10 minutes walk a day. Then when you feel ready you could do more.

- Take a rest when you need to. If you feel ill or get any pain then stop walking. Go to your doctor if this keeps happening.
What do you need to start walking?

- Shoes that are comfortable and fit well. For example, trainers. Make sure they support the arch in your foot, lift up your heel and leave enough room for your toes.

- A bottle of water if it is a hot day.

Where could you walk?

- Places in your local area like parks or open spaces – or shopping centres if the weather is bad.

- If you are walking on your own, stick to places you know.
Some ideas to help you if you are finding it difficult to keep walking every day

- Walk with a friend or try new places to walk.

- Join a walking group.
  You can look on this website to find a group near you www.wfh.naturalengland.org.uk/walkfinder

- Leave your walking shoes by the door to remind you.

- Try to make walking a part of your everyday life. For example, walk to the shops to buy the paper.

- Keep thinking about how well you have done so far!

For more information go to our website at www.wfh.naturalengland.org.uk
Walking for Health (WfH) is the largest national body promoting and setting the standards for led health walks. It is a Natural England initiative.