THE HEALTH BENEFITS OF WALKING

Walking can positively impact our mental & physical health. It helps to counteract the risk factors associated with the sedentary lifestyle that many of us may face due to office-based jobs. Plus it is free, accessible, can save money & it is much better for the environment than taking public transport or the car.

IMPROVES

MENTAL HEALTH BENEFITS

REDUCES

Sleep - walking in the morning helps to set your circadian rhythm

Energy as it increases energy-promoting hormones & levels of oxygen in the body

Creative thinking & problem solving

Mood & builds a sense of purpose

Confidence & self-esteem

IMPROVES

Bone strength, helping to slow osteoporosis developing

Gut health by benefiting the number & diversity of good bacteria which supports digestion

Cardiovascular health reducing risk of high blood pressure & stroke

Weight loss or maintenance & burns calories

Flexibility & posture. It helps us maintain balance & stability as we age

Risk of depression as feel good hormones like endorphins are released

Anxiety – walking in forests/woodland is especially beneficial

Loneliness & social isolation if group walking

Stress & improves concentration

REDUCES

Risk of some cancers (such as breast cancer)

Risk of arthritis & aids treatment by strengthening muscles & joints

Type 2 diabetes risk by helping to lower blood sugar & improve insulin control

Chance of picking up bugs as it increases vit D levels from sun exposure which supports immune function

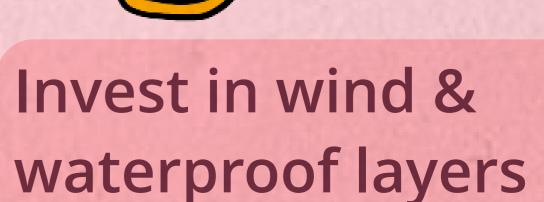
PHYSICAL HEALTH BENEFITS

PRACTICAL TIPS

Wear reflective clothing for safety if walking early in the morning or late at night

Take some water, snacks, sunscreen, a hat & sunglasses (depending

Take a phone with you & let friends / family know where you are walking



Wear a comfortable pair of trainers or walking boots

EVEN A BRISK 10 MIN WALK A DAY HAS HEALTH BENEFITS!