

Why **walk**?

Step your way to a happy, healthy lifestyle



why **walk**?






Everyone knows how to walk, it's one of the easiest ways in the world to be physically active, and you can do it virtually anywhere without special or expensive gear, just a comfortable pair of shoes.

walk... feel better... walk... feel better...

Walking regularly will make you feel good, and is good for your health.

For adults, 30 minutes of walking five days a week dramatically cuts the risk of developing heart disease, diabetes, obesity and some cancers. It also reduces cholesterol, lowers high blood pressure and is good for your sense of well-being.

did you know?

-  The best news is that walking burns as many calories as jogging over the same distance and, because it is a low-impact exercise, it won't stress your knees;
-  Walking is good for your heart and lungs, and is great for strengthening your muscles, bones and joints;
-  By walking regularly, anyone can greatly reduce their risk of stroke;
-  Walking helps improve your mood and boosts self-esteem;
-  As you get older regular walking helps maintain flexibility and co-ordination.






A to B for free!

Walking is a simple, free and healthy activity that can take you to most of your local destinations. The only thing that you need to get going is a comfortable pair of shoes.

Walking is often the quickest route to destinations like local shops, school and work. By combining walking with cycling, buses or trains, it's easy to travel further afield.




did you know?

-  About a third of all the journeys we undertake are less than a mile. A mile is about a 20 minute walk;
-  Walking combines easily with all sorts of journeys: getting to the library, visiting the dentist or walking the dog;
-  Over half of people in the UK live within walking distance of the National Cycle Network which is for walkers and wheelchair users as well as cyclists. A third of its 12,000 miles is free from motorised traffic.

walk it and talk it

Walking is about pleasure as much as destination. It's the most versatile form of travelling. A walk can be enjoyed at the same time as listening to music, watching out for wildlife, or having a chat with friends or the people you meet along the way.

did you know?

-  Many people find it more fun to walk with a friend or join a walking group;
-  Taking a stroll is a great family activity, and won't involve an argument over the TV remote;
-  When asked, people said going for a walk was their favourite way of getting exercise, more than swimming, dancing, or going to the gym.









the original zero-emission transport

We all know the environment could do with a helping hand, and by swapping your car for your feet you'll be doing just that.

Walking, as well as being one of the cheapest ways of getting around, is also the smartest for our planet. You won't leave a carbon footprint, just your own.

did you know?

-  If we all swapped one car journey a week for walking instead, car traffic levels would reduce by at least 10%;
-  We all know we need to reduce our CO₂ emissions. By changing some of our travel behaviour, we all have the power to contribute and act on climate change;
-  Local shops are easy to reach on foot and using them helps to support local business and save food miles;
-  Less busy roads will give us safer and quieter streets – who knows, we may even see more children playing outside just like we used to.



A **pedometer** is a fun way to measure your daily walking. These small, lightweight devices can tell you how many steps you've walked, the distance you've covered and even how many calories you've burned.





Find your feet.



Sustrans is the UK's leading sustainable transport charity.

Our vision is a world in which people choose to travel in ways that benefit their health and the environment. We work on practical, innovative solutions to the transport challenges facing us all. Sustrans is the charity behind the award winning National Cycle Network, Safe Routes to Schools, Bike It, TravelSmart, Active Travel, Connect2 and Liveable Neighbourhoods, all projects that are changing our world one mile at a time.

To find out more visit or call:

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This leaflet was produced in association with Sustrans' Active Travel with support from the Big Lottery Fund's Well-being Programme.



LOTTERY FUNDED

© Sustrans, September 2008 Registered Charity No. 326550 (England and Wales) SCO39263 (Scotland) Photography: Sustrans staff Design: www.mammalcreate.co.uk Print: printed on Revive 100 Offset made from 100% post-consumer waste.