

WHY WALK?



HEALTH

Good news!
Walking burns as many calories as jogging over the same distance.



Going for a walk will strengthen your muscles, bones and joints

Regular walking is great for your heart and lungs

Walking regularly can greatly reduce your risk of a stroke

Whether you are going to school, work or just out visiting friends, making your journey by foot means you will arrive alert and ready to make the most of your day

LOCAL ENVIRONMENT

If we all swapped one journey a week from car to foot, we could reduce traffic levels by 10%



Local shops are easy to reach on foot and using them helps support the local economy



PTP-Cycle



Walking allows you to use shortcuts and save time

Around a third of all the journeys we make are less than a mile - that's about a 20 minute walk



Walking can improve your mood and boost your self-esteem

Walking is free, easy to start and produces no carbon



Going by foot gives you a better knowledge of your local area

Joining a walking group can help you get fitter and make friends

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