



Walking for Health!

How you do it...

It is the regularity of walking even shorter distances that reaps the benefits, not just for a week or a month, but by fitting it into your life.

A daily walk will reap the best results, but not less than 4 times a week, and just as for mindful walking, begin by taking a few minutes to prepare yourself. This separates your walk from whatever you have been doing.

- **Always wear clothing that suits the weather** to ensure you are comfortable, so that whatever the conditions are, they do not stop you walking... unless of course it is extreme!
- **Where possible try to walk in nature** paying attention to your surroundings. If you live in a city, try to find routes where you discover more about the place in which you live.
- **Walk at a brisk pace**, rather than a saunter as the benefits dramatically increase.
- **Anytime of day is good for a walk**, it is a lovely to start the day with a walk and walking in the morning can actually improve your sleep quality. In turn good sleep will boost your energy for the next day. Avoid taking a walk too late at night as it may actually energise and wake you up!
- **It is the regularity of walking that will energise you** to feel motivated by life and to help combat the negative effects of Covid.
- **Walking is sociable**, allowing for government guidelines, walking and talking with a friend in these difficult times can really feel like the healing hug we all need!