

Why walk to work

Walking is one of the simplest and cheapest ways to keep fit. There is no need for special equipment, just a supportive pair of shoes and you can start walking slowly and build up gradually.

Walking can:

- + Make you feel good
- + Give you more energy
- + Reduce stress and help you sleep better
- + Keep your heart 'strong' and reduce blood pressure
- + Help to manage your weight



Staying safe tips

- + Walk on paths separated from traffic whenever possible.
- + Don't wear headphones.
- + Carry a mobile phone.

[Footpath map](#)

