

# BIG WALKING FACTS

## PUT YOUR FEET TO WORK WEEK

**ONE WEEK,  
TWO FEET,  
WALK AWAY  
WITH £50**

**✓  
HEALTHIER**

**HAPPIER**

**^  
MORE  
PRODUCTIVE**

DOING A LITTLE EXERCISE LIKE WALKING IS SCIENTIFICALLY PROVEN TO MAKE US FEEL HAPPIER

SHORT WALKS EVERY DAY HAS THE POTENTIAL TO INCREASE PRODUCTIVITY BY UP TO 30%

WE CAN BURN AN EXTRA 50 CALORIES PER HOUR JUST BY STANDING RATHER THAN BEING SEATED

**+  
£17bn**

Increased walking = increased physical activity = savings to NHS over 20 years generated by increased levels of walking leading to reductions in the prevalence in type 2 diabetes, dementia, ischaemic, heart disease, cerebrovascular disease and cancer.

**10,000**

RECOMMENDED DAILY NUMBER OF STEPS



**1MILE**

WALKING 1 MILE BURNS UP TO 100 CALORIES

**200**

NUMBER OF MUSCLES YOU USE EVERY TIME YOU TAKE A STEP

**94%**

said that 'green exercise' like walking, gardening/conservation work improved their mental health.

**71%**

of people experienced a decrease in levels of depression after going out for a walk.

**2 MILES A DAY  
3 TIMES A WEEK**

CAN HELP REDUCE WEIGHT BY ONE POUND EVERY THREE WEEKS

**LIVING**

**STREETS**