



FEEL GOOD REASONS TO WALK



FEEL-GOOD REASONS TO WALK

We know that walking regularly doesn't just make people feel healthier, it has a huge impact on our quality of life.

**FEEL
INDEPENDENT**

**FEEL
HAPPIER**

**FEEL
FITTER OR HEALTHIER**

**FEEL
MORE CONNECTED WITH
YOUR COMMUNITY**



WE'RE PASSIONATE ABOUT WALKING

We are Living Streets, the UK charity for everyday walking. Walking is an easy activity that keeps us active, improves our health, and gets us out and about meeting people.

We want to create a walking nation where people of all generations walk and enjoy the benefits this simple act brings. For over 85 years we have been a beacon for walking, with our early campaigns resulting in the introduction of speed limits and the first zebra crossings.

Now our campaigns and local projects deliver real change to overcome barriers to walking and our groundbreaking initiatives such as the world's biggest Walk to School campaign encourage millions of people to walk.

**HELP US CREATE A WALKING NATION,
A NATION WHERE PEOPLE WALK EVERY DAY.**



TAKE A LITTLE WALK WITH...



Val, 70
Keen shopper

"I'll always try to do some shopping and my hairdresser and dentist are in the town too, so I'll always try to walk to keep fit and also to save on the petrol money. On market day, you can meet all kinds of local people and I usually bump into someone I know; I wouldn't see them if I was in the car."



Charlie, 82
Daily park walker

"I take a pill each morning to prevent neuralgia and when I walk out I swing my arms, stick in one hand, thinking to myself that's pumping that tablet around. Walking is a marvellous thing. I'd much rather walk than drive."



Margaret, 79, & Bob, 81
Weekly promenaders

"Once a week we go to West Kirby promenade and I much prefer it; the scene is always changing, the tides and the sky. It's easier to walk there too. The promenade is wide and flat, there are plenty of benches to sit on if we get tired and friendly people to talk to. Walking in all that fresh air makes me feel pleasantly tired and healthier for it."



Richard, 75
Walking group convert

"Walking through the village, people of all ages say "hello". Saying "hello" to everyone gives me a great feeling of community. We became friends with one of our neighbours who set up the village walking group."



WE HOPE THESE LITTLE WALKING STORIES FROM PEOPLE ACROSS THE UK WILL INSPIRE YOU TO BUILD MORE WALKING INTO YOUR DAY.



FEELING INSPIRED TO WALK?



JOIN A LOCAL WALKING GROUP

You can find them via your local authority, the library or local charities, or look online for local organised walking groups.

START YOUR OWN WALKING GROUP

Get together once or twice a week and plan to walk to different locations from home or as a day out.

TAKE A REGULAR MORNING PROMENADE

If you do it the same time every day you'll see the same faces. It's a great way to start the day, a good reason to get up and out, and it'll improve your mood.

MEET FOR A WALK AND A CUPPA

Plan your route and schedule in a little break for tea and cake at a cafe or someone's house. Make it a social event.

MAKE YOUR DOG'S DAY

Walk your dog alone or in a group and they'll be your best friend for life.



WALKING WORKS



Walking is an easy long-term exercise: you only need a good pair of shoes.

Short ten-minute walks are a good start and much better than nothing. You can begin slowly and build up. It's never too late.

Encourage mobility and reduce the risks of falls.

Improve heart health and blood pressure.

Burns calories and increases metabolism.

Increases cardiovascular conditioning and improves muscle tone and strength.

WALKING ADVICE

**FROM GP AND WALKING EXPERT,
DR WILLIAM BIRD MBE**



We all know how important it is to keep active as we get older. Walking is a great choice as it's gentle and low impact but brings plenty of health benefits.

Regardless of age, all of us should aim to do some kind of daily exercise, adding up to at least 150 minutes each week. Whatever your current abilities, any physical activity is better than none. You can even do it in sessions of at least ten minutes. It's good to include strength exercises, such as carrying your shopping bags back from the shops, at least twice a week.

To make the most of the health benefits of walking, try to walk at a speed at which your breathing rate and heartbeat increase but you can still carry on a conversation.

FIND OUT MORE:

For more information about how walking can help you, or to check about walking with an existing health condition, take advice from your GP.



WALK FOR HEALTH



RECOVERY FROM CARDIOVASCULAR CONDITIONS

STROKES

Physical activity is an essential part of the recovery from a stroke.

HEART DISEASE

Walking is an excellent way to look after your heart. If you have heart disease then warm up slowly and avoid very hot or very cold weather, and cool down at the end of the walk.

DIABETES

Walking uses large muscles that help control blood sugar and make it less likely that you will get diabetes. If you have diabetes then walking prevents many of the complications.

RESPIRATORY PROBLEMS

Many people with Chronic Bronchitis or Emphysema (COPD) worry about getting very short of breath when walking. There is no harm in feeling short of breath and in fact it allows the lungs to increase the capacity, allowing you to do more.



IMPROVING MENTAL HEALTH

DEPRESSION AND MENTAL HEALTH

Walking outdoors with trees and plants has an even better effect on the brain by reducing stress and inflammation.

BRAIN FUNCTION

Walking helps to slow down the decline in brain function, including the onset of memory-loss, dementia and Alzheimer's.

MAINTAINING JOINT HEALTH

LOWER BACK PAIN

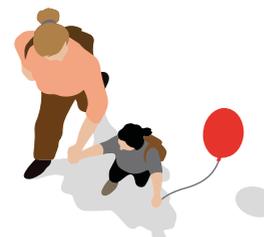
Your back muscles will weaken if you remain inactive. Walking has been shown to reduce pain and increase function more than most medication.

BONES AND JOINTS

Walking is a low-impact activity, so it strengthens your bones and keeps your joints healthy.

JOINT REPLACEMENTS

Walking for 30 minutes a day for one month before a hip or knee replacement will strengthen the muscles around the joint and aid a quicker and more successful recovery.



BECOME A WALKING HERO



IMPROVE THE STREETS WHERE YOU WALK

Does your local area feel overrun with traffic or parking? Are pavements poorly maintained or is there a lack of dropped kerbs, lighting or benches? The places where we live have a real impact on our desire and ability to walk. We work within communities up and down the country to help remove the barriers that prevent people from walking and enjoying local facilities.



One of the things we do is offer guidance on running Living Streets Community Street Audits.

It can help your community identify the issues and make recommendations to local decision-makers. By making our voices heard we can improve our streets, making them more fit for walking.

FIND OUT MORE:

If you would like to speak to someone about how to do a street audit in your neighbourhood please contact the team at Living Streets.
info@livingstreets.org.uk 020 7377 4900



GET YOUR COMMUNITY WALKING

We know that being part of your local community is more than just living there. Here are some suggestions for how, as a passionate walker, you might encourage others to walk:

Call in on friends and neighbours, especially those who live alone. Suggest a walk or offer to help carry their shopping.

Help clear pavements and communal areas of leaves and litter, ice or snow. Organise together with others.

Report issues to the council that may affect older people the most such as trip hazards or poor lighting.



JOIN OUR WALKING NATION



Help us create a walking nation by walking a little every day and by supporting one of our campaigns.

We run year-round campaigns on issues that are important to people who walk. This includes 20 mph limits, smarter crossing times to give older people time to cross and improving problems such as pavement parking.

We'd love for you to join us and have your say on the things that matter to you. Here are a few ways that you can get involved.

FIND OUT MORE:

Sign up for our monthly newsletters at our website www.livingstreets.org.uk

Follow us on Twitter [@livingstreets](https://twitter.com/livingstreets)

Join a local Living Streets group or start one in your area.





FEEL SAFER WALKING



If you occasionally feel unsafe walking, you're not alone. The streets belong to all of us and we all have the right to feel safe. Here are our top tips for how to feel safer.

Plan your route. If you're headed home after dark make sure you know where you're going before you set off.

Don't carry too much money.

Make sure you can be seen. If you're on a narrow pavement or on the road, walk towards oncoming traffic so drivers can see you.

Carry a phone or whistle with you.

If you're going out alone, try to let someone know where you're going and when you're expecting to be back.

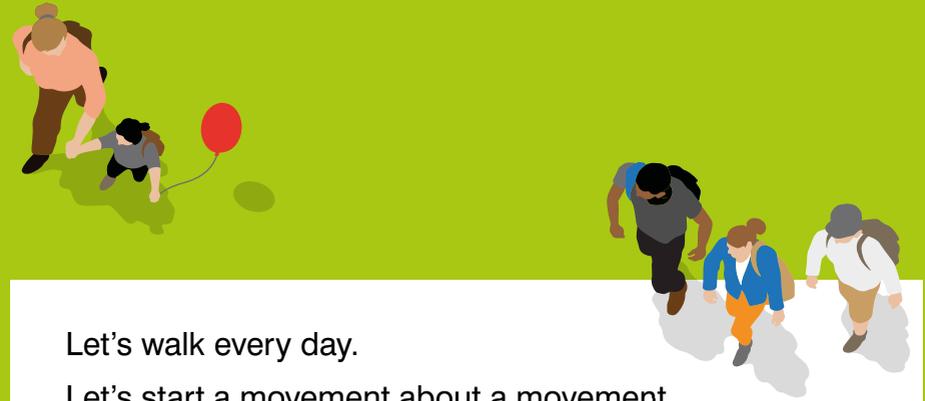
Wearing shoe grips can help give you confidence on wet leaves or icy ground.



LET'S WALK



FORWARD TOGETHER



Let's walk every day.

Let's start a movement about a movement.

Let's redefine a generation's definition of transport.

Let's get people off overcrowded trains and buses, out of their cars, and back into their streets.

Let's make our streets fit for walking, streets that we're all proud of and happy to walk.

And every time we leave the house, let's take conscious steps towards making our walking nation a reality.

We've got the know-how to make it happen, and we'll work tirelessly with communities, professionals, politicians and schools every step of the way until it does.

**PROGRESS STARTS HERE:
ONE STREET, ONE SCHOOL, ONE STEP AT A TIME.**



**WALK
WITH
LIVING
STREETS**



If you require this document in an alternative format please contact
info@livingstreets.org.uk 020 7377 4900 www.livingstreets.org.uk

Living Streets (The Pedestrians Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland). Company Limited by Guarantee (England & Wales), Company Registration No. 5368409. 4th Floor, Universal House, 88-94 Wentworth Street, London E1 7SA.