



LIVING

STREETS



**NATIONAL
WALKING
MONTH**

MAY IS LIVING STREETS'

NATIONAL WALKING MONTH



#NINE90

streets for all ages

THIS NATIONAL WALKING MONTH, WE LAUNCH OUR #NINE90 CAMPAIGN. WE WANT STREETS TO BE DESIGNED WITH NINE AND 90-YEAR OLDS IN MIND – WITH CLEAR PAVEMENTS, SLOWER SPEEDS AND EFFECTIVE CROSSINGS - BECAUSE WHEN THEY ARE, THEY BECOME ACCESSIBLE TO EVERYONE.

2 in 3 people aged 65+ are worried about potholes in pavements and nearly 1 in 3 are put off leaving their home because of them.

Help us campaign to make streets safer for people walking in later life. Visit livingstreets.org.uk/NWM or search #NINE90



DATES FOR YOUR DIARY

**1 MAY: NATIONAL WALKING MONTH KICKS OFF
20 - 24 MAY: WALK TO SCHOOL WEEK
21 MAY: HAPPY SHOESDAY**

**CELEBRATING WALKING
AND THE BENEFITS THIS
SIMPLE ACT BRINGS.**

A brisk daily walk is good for your health, reducing the risk of preventable conditions like heart disease, cancer, depression and Type 2 diabetes. Living Streets' National Walking Month is the perfect opportunity to give more walking a go!

Walk for 20 minutes a day during May and experience the health and wellbeing benefits that come from small steps. Visit livingstreets.org.uk/NWM for tips on how to fit in 20 minutes.



Share your photos and stories #NationalWalkingMonth

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