



What is National Walking Month?

May is Living Streets' National Walking Month. We want to celebrate the joy and respite walking has offered us all over the past couple of years: with restrictions lifted, it's time for us to walk back together.

We're urging people to **#Try20** – and try to walk for 20 minutes every day throughout the month. Living Streets' #Try20 tips, designed to help people fit 20 minutes of walking into their everyday routine are available at livingstreets.org.uk/nationalwalkingmonth.

Living Streets' National Walking Month will also play host to [Walk to School Week \(16 – 20 May\)](#). Families are encouraged to walk to school for the whole week with special activity packs being available for school pupils. Last year, a record number of over 350,000 pupils across the UK took part. This year's video game-inspired challenge, #PowerUp, will encourage pupils to travel sustainably to school every day of the week.

Living Streets has written to all MPs, members of the Scottish Parliament and Welsh Assembly, asking them to support National Walking Month and #Try20. Schools across the country are preparing to take part in Walk to School Week and we hope to have lots more events coming.

How can local groups get involved?

1. Take part in #Try20 and share your experience online – example posts below

I'm supporting @LivingStreets' #NationalWalkingMonth. Download their #Try20 check list and see how many you can tick off! livingstreets.org.uk/nwm

Just a 20-minute walk is great for your health and happiness. #Try20 this May for @LivingStreets' #NationalWalkingMonth and see how you feel! livingstreets.org.uk/nwm

A 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes. #Try20 for @LivingStreets' #NationalWalkingMonth livingstreets.org.uk/nwm

2. Arrange local events

Neighbourhood walks: these could be public walks to combat loneliness, take pictures, or even litter-pick. Invite members and non-members and engage them in Living Streets' issues.

Walk to School Week: 16 – 20 May is a perfect time to arrange a walk to school. Invite your local MP or a local councillor, let the local press know and it'll be an opportunity to encourage families to walk to school and show public figures the importance of streets for people.

3. Contact local leaders and politicians

Write to your MPs, mayors or newly elected councillors and tell them about National Walking Month. Ask them to take part in #Try20 and invite them to join your events. Tell them how important it is for your group that politicians prioritise walking and wheeling.