



NATIONAL WALKING MONTH

May 2026

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1. POSTERS



2. SOCIAL MEDIA POSTS

Today is the first day of Living Streets' National Walking Month!
This year they're asking women to #WalkOut and get outside for a walk or wheel for their own wellbeing. livingstreets.org.uk/nwm



Did you know? Women are more likely than men to make multi-purpose walking journeys, such as combining school drop-offs, care responsibilities and errands in a single trip.

So why not join Living Streets' #WalkOut and take a walk just for yourself this May? livingstreets.org.uk/nwm



Walking is wonderful for women

Research shows that walking can reduce a woman's chance of getting breast cancer by up to 10% and help strengthen the pelvic floor muscles for women of all ages. #NationalWalkingMonth livingstreets.org.uk/nwm



Walking is good for everyone – people who walk or wheel regularly report being happier, less anxious and have a stronger sense of community.

Will you join Living Streets' #WalkOut and go for a walk or wheel every day this May? livingstreets.org.uk/nwm #NationalWalkingMonth



**TAG
US!**

Instagram: @livingstreets
Facebook: @livingstreetsuk

Bluesky: @livingstreets.bsky.social
LinkedIn: @LivingStreets

3. NEWSLETTER CONTENT

Dear [partner name],

May is National Walking Month, organised by walking charity Living Streets.

This year, they are highlighting the benefits of walking for women and asking women to #WalkOut – and get outside for a walk each day in May for their own wellbeing.

Women are more likely to make multi-purpose journeys, such as combining school drop-offs, care responsibilities and errands within a single trip. Living Streets wants women to go for a walk for themselves – and their own enjoyment.

Across the UK, people of all ages and genders are finding joy in a daily walk – why not join them? Living Streets is also helping to organise some in-person events for a special #WalkOut on Friday 29 May, email commsteam@livingstreets.org.uk if you'd like to know more.

Download some handy social media shareables to spread the word and find out more about National Walking Month at livingstreets.org.uk/nwm