

20 TIPS TO ADD 20 MINUTES OF WALKING TO YOUR DAY

WALK THIS MAY



NATIONAL WALKING MONTH

GO FOR A
LUNCHTIME WALK #TRY20

TAKE A ONE OR TWO MINUTE
WALKING BREAK EACH HOUR #TRY20

WALK TO OR FROM WORK #TRY20

TAKE A ROMANTIC PROMENADE #TRY20

TAKE THE FAMILY ON A WALKING ADVENTURE #TRY20

TAKE THE STAIRS #TRY20

GO FOR A WALK ON A RAINY DAY #TRY20



LUNCH AL FRESCO, NOT AL DESKO #TRY20



WALK TO A GREEN AND TRANQUIL SPACE #TRY20

GET SNAP HAPPY ON YOUR WALK #TRY20

MEET A FRIEND HALFWAY #TRY20

INVITE THE NEIGHBOURS FOR A WALK #TRY20

#TRY20

TAKE THE LONG CUT #TRY20



HOP OFF AND WALK #TRY20

WALK THE KIDS TO SCHOOL #TRY20

WALK IN YOUR HAPPY SHOES #TRY20



WALK TO THE LOCAL SHOPS #TRY20



PARK AND STRIDE #TRY20

GO ON A SCAVENGER HUNT #TRY20

TRY A NEW ROUTE #TRY20