



# Walk This May tips to get walking

It doesn't matter how slow, just keep moving!

1

Go for a short walk at lunchtime

2

Record your steps

3

Take your household on a walking adventure

4

Ditch the couch and go for a short walk

5

Take time for you, walk in greenspace

6

Schedule in a walking scavenger hunt

7

Walk more around the house

8

Walk to the shops

9

Try to increase your steps by 100 today

10

Try a new walking route

11

Take notice of the sky, sounds and ground

12

Give your mind & body a rest, go for a dander

13

Go for a picnic in the park with family or friends

14

Try a walking meeting

15

Get up and walk for 2 minutes every hour

16

Get active on the school run

17

Take a 10 minute break outside

18

Walk in greenspace or parks

19

Try to increase your steps by 100 today

20

Move more at home or in the office

21

Walk to work

22

Find a gentle incline to walk up today

23

Walk & listen to a podcast or music

24

Take notice of 3 things on your walk

25

Walk the opposite way today

26

Start your day with a light stroll

27

Walk & talk, invite a friend/colleague

28

Try a Daily Mile today

29

Take a different route today

30

Take a walk around the block at the office or at home

31

Reduce your sitting time

