

Walking is good for you and your family!

There are great benefits to walking as it is easy and free to do as well as being a good way to get more exercise.

It's a great opportunity to spend more time with your family and to talk to each other and you may also discover interesting things as you wonder around. You can even practise the green cross code with your children.

You get to be in the fresh air which boosts your intake of vitamin D!

Walking can prevent or reduce the risk of you or members of your family getting some serious illnesses in the future like:

- Type 2 Diabetes
- Asthma
- Stroke
- Heart disease
- Some cancers
- And also helps prevent Dementia

It strengthens your heart and helps you and your family maintain a healthy weight as it burns calories and tones muscles.

What you need:

Comfy shoes, loose fitting clothes and a light waterproof jacket.

Also don't forget sun cream, a sun hat, water and some healthy snacks.

Planning your route

Why don't you plan a short route before you start, somewhere local which will help you and your family get to know the area you live in. Make a note of any points of interest along the way, so you can talk to your children and perhaps develop further interests.

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Don't forget the ideal is to walk 10,000 steps a day; if you aren't sure how far that is - you could always buy a cheap pedometer and keep track of your steps. Remember though you don't have to go on a long hike you can always:

- Walk with the children to school
- Leave the car on the drive and walk to the local shop
- Use stairs whenever possible
- Take the dog for a walk
- Get off the bus a stop earlier and walk the rest of the way

Whatever you decide to do, try and develop some form of exercise into your family's routine. Have fun together.

