

Improve your physical health

Boost your emotional wellbeing

Walking helps to



Over 280 members of Walking for Health West Berkshire walked an average of 40 Minutes per person per week in 2014/15

Reduce risk of diabetes, heart disease, high blood pressure and some cancers

Walking provides a rush of endorphins which Relieves pain Enhances the immune system Delays the ageing process



Maintain strong bones decreasing the risk of osteoporosis

Improve Balance and Coordination

Walking 1 mile/1.6km in 20 minutes Burns approximately 100kcal of energy 2 miles/3.2km a day four times a week Can help reduce weight by 0.5kg/1 pound every month

A daily walk in the countryside can be as effective at treating mild cases of depression as taking an antidepressant



Use of nature and green spaces for physical activity can reduce the risk of mental health problems by 50%

People who walk regularly report feeling less

STRESSED and NERVOUS

Regular walking

Improves self esteem and body image



Increases feelings of wellbeing, mental alertness and energy

Walking for Health overcomes a recognised barrier to becoming more active by providing opportunities for social contact.

The Beauty of Walking

West Berkshire Council's Public Health & Wellbeing Team run Walking for Health which offers 16 weekly, free, short walks led by around 50 friendly, trained walk leaders.

Explore your community

Protect your environment

4000ha of publicly accessible green space

AONB 74% of the area is within an Area of Outstanding Natural Beauty

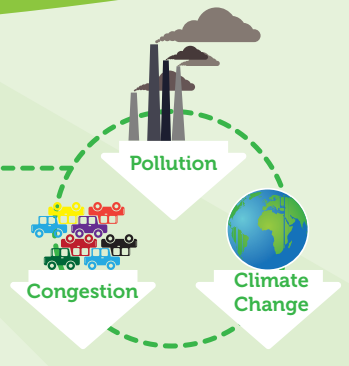


2 NATIONAL TRAILS The Ridgeway and The Thames Path

Green Flag Award award winning 2 parks

9 commons and nature reserves

As a form of active travel, it is the most sustainable form of transport and has a key role to play in reducing...



More people walking would bring economic benefits to both urban and rural areas, can help increase social interaction, reduce crime and fear of crime, and help develop social capital

Congestion was estimated to cost £10.9 billion a year in English urban areas in 2009

One person swapping five car journeys of under 2km a week to walking would reduce their carbon footprint by 86kg a year

You may be closer to nature than you think

For more information about Walking for Health or to take part in a walk:

www.westberks.gov.uk/wfh walking@westberks.gov.uk

@walkingWB



West Berkshire COUNCIL