

Walk your way to better health

Walking is one of the easiest ways to get more active, lose weight and become healthier – so stretch those legs and take a stroll around North Somerset.

Brisk walking can help build stamina, burn excess calories and make your heart healthier.

It's also free and simple so ideal for people of all ages and fitness levels, allowing you to explore new places and have fun.

To celebrate all things walking and encourage more people to give it go, North Somerset Walk Fest took place this May.

Free activities and challenges were on offer to encourage local people to experience the benefits that walking brings, whether joining an organised group or building walking into their daily commute.

Despite the official month being over, you can start walking at any time and lots of support is still available to help get you started.



Walk every day – challenge yourself to walk every day, for as long as suits you. A brisk 10-minute walk has lots of health benefits and counts towards the 150-minutes of weekly exercise that the NHS recommends. Download a calendar from the Better Health website to track your progress.

Walking groups – walking with others is a great way to make new friends while building up your fitness. Find a local group, or even get training from the Better Health team to start your own.

Walking routes – follow mapped routes across North Somerset, including accessible ones which are suitable for people who have limited mobility. Each route is up to six miles in length.

Health walks

If you'd like to get out in the fresh air but are unsure where to start, a popular walking programme could be the perfect solution.

North Somerset Council's free health walks have been running across the area for nearly 20 years, with hundreds of regular participants each week.

Routes, led by trained leaders, last no more than an hour and are chosen to be as accessible and inclusive as possible.

Walks take place all-year-round across North Somerset.

For details, visit www.betterhealthns.co.uk/information/healthwalks



i For a round-up of advice about local walking groups and routes visit www.betterhealthns.co.uk/get-active/walking

Stay up-to-date with the latest news and events by following the Better Health team on Facebook:

f BetterHealthNS **x** BetterHealth_NS

Find out about public rights of way in North Somerset at www.n-somerset.gov.uk/publicrightsofway

i If you're missing a follow-along walking route this issue, you can view lots of previous walks online at www.n-somerset.gov.uk/lifewalks

