



**NATIONAL
WALKING
MONTH**

20 TIPS TO ADD 20 MINUTES OF WALKING TO YOUR DAY

WALK THIS MAY

GO FOR A
**LUNCHTIME
WALK**



#TRY20

TAKE A
ONE
OR TWO
MINUTE



**WALKING
BREAK**
EACH HOUR

#TRY20

MAKE
SOMEONE'S DAY
#TRY20



TAKE A
ROMANTIC
PROMENADE

#TRY20



TAKE YOUR
HOUSEHOLD
ON A WALKING
ADVENTURE
#TRY20

TAKE A MINDFUL
MEANDER



#TRY20

GO FOR
A WALK
ON A
RAINY DAY
#TRY20



RATE
YOUR
WALK

10



#TRY20



WALK TO A
GREEN AND
TRANQUIL
SPACE

#TRY20



GET SNAP
HAPPY ON
YOUR
WALK

#TRY20



GO ON A
SCAVENGER
HUNT



#TRY20

TRY A NEW
ROUTE



#TRY20

#TRY20

TAKE THE
LONG
CUT

#TRY20



LET THE
KIDS LEAD
THE WAY

#TRY20

LOOK FOR
RAINBOWS
#TRY20



LET NATURE
GUIDE YOU

#TRY20

WALK
IN YOUR
HAPPY
SHOES

#TRY20



SHARE YOUR
HIGHLIGHTS
#TRY20



WORK OUT
FROM HOME
#TRY20

WALK TO THE
LOCAL SHOPS

#TRY20



AND REMEMBER...



...STAY
2 METRES
APART



...WALK
LOCALLY



...WASH YOUR
HANDS WHEN YOU
GET HOME