



Get walking!

Walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You don't have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise. Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. Wear comfortable clothes and bright colours, or reflective tops, for visibility after dark.

Trim your waistline and improve your health

www.nhsbt.wellbeingzone.co.uk

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