

# Walking

As well as keeping you fit, walking also elevates the mood, helps relieve stress and gives you a better start to the working day.

- Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year.
- Walking elevates your mood and helps relieve stress.
- Walking reduces the risk of cancer of the colon, can lower blood pressure and reduce high cholesterol.
- It can be fun! Take a friend along to chat to – catch up and unwind.
- Walking 1½ miles a day instead of driving saves around 130kg of carbon dioxide emissions a year. 1½ miles is equal to about 30 minutes walking – this is the recommended amount of exercise that we should take every day.

Walking is most suitable for journeys under 2 miles and walking into Aylesbury is an easy, mainly flat walk. If you like, you can get the bus back out of town if you have too much to carry! Or why not walk the children to school? If you prefer to walk for leisure visit [www.buckscc.gov.uk/bcc/row/simply\\_walk.page](http://www.buckscc.gov.uk/bcc/row/simply_walk.page) and have a look at their seasonal programme.

Also visit **Walkit.com** - an urban walking route planner detailing your journey time, calorie burn, step count and carbon saving. It's quick, free, healthy and green.

