



Keeping Active – walking

Walking is one of the easiest, most accessible forms of physical activity – you can do it almost any time in almost any location.

A brisk walk is many people's idea of the ideal form of physical activity and is a great way of hitting your target of 30 minutes of physical activity five days a week.

It can be as simple as walking to the shops and back rather than driving, or going for a stroll in the local park or surrounding countryside. The resources to take up walking and stick with it are all here.

Click [here](#) to access opportunities for walking