

Hello! I'm Lydia, your Mental Health and Wellbeing Coach for the YOURHealth's Pharmacy Wellbeing Service.

### Walking Month #WALKTHISMAY #TRY20

- Walking is an easy and accessible way to improve both mental and physical wellbeing.
- 20 minutes of daily walking can reduce the risk of preventable health conditions.
- Air pollution and saving money can also be improved by swapping driving for walking.

Tips to walk more:

- 1) **Walk to the shops**
- 2) **Have an adventure**
- 3) **Litter picking**
- 4) **Evening stroll**
- 5) **Invite friends and family for a walk**
- 6) **A walking meeting**
- 7) **Walk to and from work**

ENCOURAGING AND INSPIRING PEOPLE TO  
WALK MORE AND CREATE A BETTER  
WALKING ENVIRONMENT

[National Walking Month | Living Streets](#)

### WHAT ARE THE BENEFITS OF WALKING?

- Prevent and manage conditions such as heart disease, stroke, high blood pressure, type 2 diabetes and cancers.
- Improve cardiovascular fitness.
- Strengthening bones and muscles.
- Improve muscle endurance.
- Improve mood, energy and sleep.
- Strengthening immune system.
- Reducing stress and tension.
- Managing a healthy weight.



For more information of how to improve your physical and mental wellbeing, contact Lydia, the Pharmacy Wellbeing's Service Mental Health and Wellbeing Coach.

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