

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

WALK TO OR
FROM WORK



#TRY20

TAKE A
ROMANTIC
PROMENADE



#TRY20



TAKE THE
FAMILY ON
A WALKING
ADVENTURE

#TRY20

TAKE
THE
STAIRS



#TRY20

GO FOR
A WALK
ON A
RAINY DAY



#TRY20

LUNCH AL
FRESCO,
NOT AL DESKO

#TRY20



WALK TO A
GREEN AND
TRANQUIL
SPACE



#TRY20

GET SNAP
HAPPY ON
YOUR
WALK



#TRY20

MEET A
FRIEND
HALFWAY



#TRY20

INVITE THE
NEIGHBOURS
FOR A
WALK



#TRY20

#TRY20

TAKE THE
LONG
CUT



#TRY20



HOP
OFF
AND
WALK



#TRY20

WALK THE
KIDS TO
SCHOOL

#TRY20

WALK
IN YOUR
HAPPY
SHOES



#TRY20



WALK TO THE
LOCAL SHOPS



#TRY20



PARK AND STRIDE



#TRY20

GO ON A
SCAVENGER
HUNT

#TRY20

TRY A NEW
ROUTE



#TRY20