



# Walk once a day this winter!


A daily walk can help us beat the winter blues, socialise safely and boost our immune systems, helping us to look after our bodies and our minds in these chilly months. Complete our challenges and walk a little every day this winter.


 ■ Call a friend for a virtual walk together


 ■ Set an alarm to remind you to move every hour

 ■ Plan a walking route past something historical in your area – try to find out more about it

 ■ Beat the break: stand during TV advert breaks

 ■ Record how many bird species you can see on your next walk

 ■ Invite a neighbour or a friend to join you on a walk

 ■ Go on a walk to take in your local festive lights and decorations

 ■ Do heel raises as the kettle boils

 ■ Discover a new walking route close to home you've not been on before

 ■ Spot some local wildlife on your walk