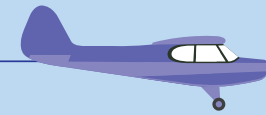


Put a spring in your step

31 ideas to help you walk or wheel more this May



Take a break with a 10-minute walk <input checked="" type="checkbox"/>	Walk with an old friend <input checked="" type="checkbox"/>	Stop and smell the flowers <input checked="" type="checkbox"/>	Walk with someone older than you <input checked="" type="checkbox"/>
Walk to a cafe or restaurant <input checked="" type="checkbox"/>	Get creative with poetry or a sketch <input checked="" type="checkbox"/>	Walk along a pond, river, or the sea! <input checked="" type="checkbox"/>	Take a wander through a park <input checked="" type="checkbox"/>
Spare time? Enjoy a 30-minute walk <input checked="" type="checkbox"/>	Speak to someone new on your walk <input checked="" type="checkbox"/>	Use a paper map instead of a phone <input checked="" type="checkbox"/>	Enjoy an amble at sunset <input checked="" type="checkbox"/>
Explore a new route or path <input checked="" type="checkbox"/>	Walk to your favourite music <input checked="" type="checkbox"/>	Pick up 5 pieces of litter on your walk <input checked="" type="checkbox"/>	Walk to the shops or a market <input checked="" type="checkbox"/>
Go for a stroll in the rain <input checked="" type="checkbox"/>	Look for something red <input checked="" type="checkbox"/>	Invite a new friend on a walk <input checked="" type="checkbox"/>	Spot fun shapes in the clouds <input checked="" type="checkbox"/>
Walk with someone younger than you <input checked="" type="checkbox"/>	Walk with family (furry or human!) <input checked="" type="checkbox"/>	Listen for birdsong as you walk <input checked="" type="checkbox"/>	Notice heritage or culture as you stroll <input checked="" type="checkbox"/>
Walk around inside for 10 minutes <input checked="" type="checkbox"/>	Make it mindful today <input checked="" type="checkbox"/>	Try to spot 10 birds on a walk <input checked="" type="checkbox"/>	Say hello to passing walkers <input checked="" type="checkbox"/>
Look for 5 different plant species <input checked="" type="checkbox"/>	Walk to (or at!) work/school <input checked="" type="checkbox"/>	Take a photo on your walk <input checked="" type="checkbox"/>	

