

SIX REASONS TO #WALKTOWORK

There are many physical and mental health benefits associated with walking to work. A daily walk can improve fitness, mental health and energy levels. Even if you work from home, here are six reasons to making walking to work part of your daily routine this April.



GET IN SHAPE

A daily walk will boost your fitness and help you to maintain a healthy weight. It will also strengthen your bones and muscles and reduce health risks.

TOP TIP

Count those steps

If you have a smart phone, check out the built-in health app to see how many steps you're doing and set a realistic stretch target.



BOOST YOUR MOOD

Enjoying some fresh air and getting the heart pumping not only improves physical fitness, it will also lift your mood and boost your energy levels.

TOP TIP

Don't make excuses

It's easy to tell yourself you're too busy or stressed to walk, when walking will release happy hormones that clear your head.



BE MORE SOCIAL

Even if you work from home, you can still walk to work with a brisk walk around the block or by walking part of the school run before your day starts.

TOP TIP

Buddy up with a friend

Arrange to walk with a friend to keep yourself committed and replace lost social interaction with 'watercooler conversation'.



SAVE SOME CASH

The cost-of-living crisis is making everyone feel the pinch. Walking to work can significantly reduce petrol and transport costs, saving you some much-needed cash.

TOP TIP

Walk part of the way

If you can't walk all the way, is there cheaper parking further from work or can you get off the bus two stops earlier?



REDUCE HEALTH RISKS

Research from the University of Cambridge shows a daily walk can prevent 1 in 10 premature deaths, by reducing the risk of heart disease, cancer and stroke.

TOP TIP

Set realistic goals

Just 11 mins of exercise a day has huge health benefits, so start slowly and build up your activity over time.



SLEEP BETTER

When people walk more than their average number of steps, they fall asleep more easily and have better quality of sleep making them feel better.

TOP TIP

Pay attention to yourself

On the days when you don't walk, how do you feel? If walking improves your sleep, make it part of your routine.

FOR TIPS ON HOW TO GET YOUR WORKFORCE TO TAKE PART, VISIT:

www.pamphysiosolutions.com/insights