



# Living Well North Tyneside

Supporting Health and Wellbeing

National Walking Month runs throughout May and encourages people across the UK to walk more for their physical, mental, and environmental wellbeing. This month-long campaign features special initiatives like Walk to Work Week and Walk to School Week, offering opportunities to incorporate walking into daily routines while raising awareness of its many benefits.

## Why National Walking Month Matters

Walking is one of the simplest and most accessible forms of exercise. It improves heart health, strengthens bones, supports weight management, and reduces the risk of chronic illnesses. Just 30 minutes of walking a day can significantly improve overall wellbeing.

Beyond physical health, walking is also a great way to clear the mind, relieve stress, and connect with the outdoors or your local community.

## History and Key Campaigns

Led by organisations such as **Living Streets**, National Walking Month has grown into a major public health initiative. It began as a local effort to reduce car use and promote active transport but has since become a recognised movement for health and sustainability.

Walk to School Week (20–24 May 2025) and Walk to Work Week are highlights of the campaign, encouraging schoolchildren and professionals to swap their usual commute for a healthier alternative.

## How to Celebrate

- Join Walk to School or Walk to Work Week Encourage family members, friends, or colleagues to take part.
- Set a Personal Walking Goal Challenge yourself to walk a certain number of steps each day in May.
- Explore Local Walking Trails Use the opportunity to discover new paths and parks in your area.
- Organise a Group Walk Whether it's with neighbours, colleagues or classmates, walking together can be motivating and enjoyable.
- Share Your Journey Use hashtags like #NationalWalkingMonth to inspire others to get moving.

## Every Step Counts

Whether you're walking for fitness, fun, or sustainability, National Walking Month reminds us that small, everyday choices can add up to big benefits. Let's lace up our shoes and take meaningful steps toward better health this May.

## Related Links

- [Living Streets – National Walking Month](#)
- [NHS – Walking for Health](#)
- [Ramblers](#)



Last Updated - 1st May 2025

