

Walking



‘Walking is the best medicine.’ Hippocrates

- May is National Walking Month. Is walking a part of your regular routine? There is clear evidence that it can improve our physical and mental health – and is good for the environment.
- Are you a solitary walker? Some people find that the gentle rhythm helps to settle their minds and they appreciate the time and space to think things through and to connect with nature. Others prefer social walking, enjoying the opportunity to chat with friends and feel part of a community as they walk. There are advantages to both kinds of walking.
- Walking may not be your ‘thing,’ but there may be other ways you can spend time away from screens and create some headspace in a busy week. It’s not self-indulgent to think about your own needs, as well as the needs of those around you!

‘One step at a time is good walking.’ Chinese Proverb