Exercise is Good For You!
losing weight through exercise and healthy eating will make you feel better

you are less likely to become ill

When you walk...

Your shoulders should be relaxed let your arms gently swing

Look ahead—not down

With each step
The heel should land first, then you push off with your toes

Finish with a warm-down march on the spot for 2 minutes
Walking... is a really good way to be fit and healthy.

Try to go for a walk every day.

Try to go a bit further every time you go for a walk, especially in good weather.

Your body will become stronger.

You may make new friends.
Day to Day

Did you know you can improve your fitness simply by being more active in your day to day life?

Here are some ideas...........

Walk to the shops

Do not use the phone, walk to talk to a neighbour

Use the stairs, not the lift or escalator

Get off the bus a stop early and walk home

When family and friends come to visit go for a walk together before having a cup of tea