

Top Tips

Start small and build up – just 10 minutes is a great start

Dress for success – check the weather and wear comfortable shoes

Plan your route – or if you're not sure how long a mile is, walk for 10 minutes and turn around. 20 minutes is around a mile.

Walk to the shops or park further away – you'll be surprised how many extra steps you do

Plan when you're going to walk – you'll be more likely to stick to it

Invite your family or a friend – it'll give you the motivation go out

Mark your progress somewhere or download an app – either a pedometer or Active 10 – you can track your progress

Set a goal and tell people – it'll motivate you to stick to it

Vary your route so you don't get bored

Listen to a podcast, phone a friend, see what you can find in nature, you won't even notice how far you have walked!