



Stafford Borough Council



Walking for Health Initiative

# Health Walk



## Why walk more?

- ◆ Walking briskly for one mile burns up 100kcal
- ◆ Regular walking reduces the risk of heart problems by a third and stroke by a quarter
- ◆ Regular walking helps to reduce stress, anxiety and depression
- ◆ Improves muscle strength, bone density and reduces the risk of falls and osteoporosis.

Local Contact:

Sensible footwear recommended - refreshments provided - health advice available

For more information, contact the Local Agenda 21 team

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