Making a Change4life doesn't need to be difficult. With a little help, it can be really rewarding and fun!

Why walking is good for you:
- Good for bones and muscles: walking is good for bone density and posture and helps keep bodies lean and supple
- Builds up stamina: walking gets your whole body used to being healthy
- Burns calories: a brisk walk can burn calories and help keep you trim. The brisker the better but you should still be able to hold a conversation
- Helps beat stress: walking can make you feel good, especially if you're out and about in surroundings that you love
- Sociable: take a friend or family and have a natter while you walk.

Tips for walking:
- Get off the bus a few stops earlier
- Bring baby along too and grab the buggy
- Get a pedometer to count your steps

For more useful tips on how to eat well, move more and live longer visit www.nhs.uk/Change4Life
The Highfields Fit and Fun Walk

Route (shown in orange) is 1.9 miles / about 3,800 steps