

Why walk

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Why walk walking as a perfect form of exercise. There are definite benefits of walking to both your physical and mental wellness. the original zero-emission transport We all know the environment could do with a helping hand, and by swapping your car for your feet you'll be doing just that. Walking, as well as being one of the cheapest ways of getting around, is also the smartest for our planet. You won't leave a carbon footprint, just your own. did you know? If we all swapped one car journey a week for walking instead, car traffic levels would reduce by at least 10%; We all know we need to reduce our CO2 emissions. By changing some of our travel behaviour, we all have the power to contribute and act on climate change; Local shops are easy to reach on foot and using them helps to support local business and save food miles; Less busy roads will give us safer and quieter streets — who knows, we may even see more children playing outside just like we used to. It's free! There's no special skill, training, or equipment needed — all you need is the right footwear Walking is free. Walking doesn't involve bulky and expensive vehicles or dangerous fuel. Walking doesn't produce excess carbon dioxide or fumes or cause noise pollution Walking is a more efficient use of space: 20 times as many people can move in the same space by walking as in a car Walking and public transport are perfect partners. If we all swapped one car journey a week for walking instead, car traffic levels would reduce by at least 10%. If every car driver in the UK left their car at home once a month and walked for 20 minutes instead, we could save up to 320, 000 tonnes of carbon dioxide each year, the same amount produced by 50, 000 homes. Car users regularly suffer up to three times as much pollution as pedestrians because they are sitting in traffic in the line of exhaust fumes from the car in

front. Walking also has indirect environmental benefits. The more we walk, the more we take an interest in our surroundings. The more people use parks, green spaces, attractive urban public spaces and the countryside, the more likely it is that money will be spent to preserve, maintain and improve them. Walking helps create better and more prosperous places to live. People on foot are likely to spend more at local shops and businesses. More people out walking on the streets helps deter crime and makes places feel safer. Before industrialisation took place there were some alternatives such as riding animals, horse drawn carriages and water transport, but walking must have been by far the most substantial transport mode. The Roman roads of 2000 years ago were predominantly used by pedestrians. Conflicts between pedestrians and wheeled traffic did occur, however, especially in urban areas. For example Hass-Klau (1990) mentions that Julius Caesar banned chariots from the streets in Rome between sunrise and sunset to offer space to the pedestrian. Since the nineteenth century the development of railway and highway systems have led to dramatic changes in travel behaviour towards motorised transport modes. In addition, the bicycle became available as a possible substitute for the pedestrian. Why Not Walk? We're all good at thinking of reasons why not to get more active, but there are many more reasons why we should. Regular walking improves your general health and reduces your risk of heart disease, some cancers, and Type 2 diabetes. It's also a great way to lose weight, improve your fitness and your mental health and wellbeing. Read more about the benefits of walking. For those who still aren't convinced, here are some answers to the most common excuses! " I don't have the time. " Walking is by far the easiest exercise to fit

into a busy lifestyle since you can do it anywhere at a time that suits you. Every minute you spend walking is quality time, rather than sweating on a packed bus or train or fuming in a traffic jam. You'll still have to make a little effort to find time, but remember active people live longer and have a healthier old age — so think of your walking time as a good investment. " I don't know any good places to walk. " Sometimes main roads don't feel pleasant and safe for walkers. But there are plenty of quieter streets, parks, watersides and green spaces even in busy urban areas if you know where to look for them. Read more about finding good places to walk and free walking routes for beginners. " I don't feel safe on the streets. " It's understandable that people are concerned for their personal safety and security — but it's a great shame if this stops you enjoying the benefits of walking. If you can, walk with a companion, or read our advice on staying safe. Also, the more people walk, the safer the streets will be. " I don't have anyone to walk with. " Why not ask your family, friends and colleagues if they're interested in walking with you? Or try an organised programme or led walk. Read more about walking in a group. Where people walk Walking is a common movement in urban transport, as nearly everyone is a pedestrian for part of their trips, but walking as a means of transport is often overlooked walking should not be neglected in these countries as it also is important in connection with other modes. for example, walking from the parking place to the final destination; biking to the railway station, etc.