



WELLBEING GUIDE

NATIONAL WALKING MONTH

May 2024

May is National Walking month. With the evenings being lighter for longer, May is a great month to get outside and start walking. With 2 bank holidays in May, there is no excuse not to get outside and go for a walk.

Spending time in nature can boost your overall wellbeing. It can improve your mood, reduce your stress level, reduce anxious thoughts, and make you feel more relaxed.

Walking is one of the best things you can do for your overall health, it has so many physical and mental health benefits for all ages and abilities. A short 20-30-minute walk can reduce the risk of several preventable health conditions, including some cancers, depression, heart disease and Type 2 diabetes. By swapping a short drive for a short walk, you can also help reduce air pollution, congestion, and fuel costs.

Many diseases, conditions, and ailments can be prevented by participating in regular physical activity. Even moderate-intensity aerobic activity such as walking can provide these incredible health benefits.



Physical Health Benefits

- Helps lose or maintain a healthy weight
- Lowers risk of heart disease & improves cardiovascular endurance
- Lowers the risk of having a stroke
- Lowers the risk of several types of cancer
- Regulates blood pressure & cholesterol
- Helps prevent and manage type 2 diabetes
- Helps ease arthritis pain & stiffness

Mental Health Benefits

- Helps with relaxation and stress relief
- Reduces anxiety
- Lowers risk of depression
- Improves your mood
- Helps you sleep better
- Improves self-esteem and self-confidence
- Improves energy levels & fights fatigue
- Can stop food cravings
- Improves cognition & creativity
- Can help lower risk of dementia
- Boosts productivity & performance
- Improves overall quality of life
- A healthy way to spend time with family and friends

- Strengthens muscles & bones and prevents osteoporosis
- Improves circulation
- Increases metabolism
- Keeps your lungs healthy
- Stimulates digestion
- Helps to regulate hormones and alleviate menstrual cramps
- Boosts your immune system
- Increases your Vitamin D intake
- Promotes healthier skin and hair growth
- Improves balance and lowers risk of falls



These are just some of the reasons why you should try to work in more walking to your daily routine. Whether you walk at lunchtime, start your day with a walk, or have walking meetings, why not try it and feel the benefits for yourself.

If you don't enjoy walking, try going with a friend or family member, or listening to music, podcasts or audiobooks while you walk. You could set yourself a daily step goal and track your steps using your watch, an App, or a pedometer, you may even discover new routes in your local area.

Alternatively, travel further to visit some of the UK's beautiful [areas of outstanding natural beauty](#),

[national parks](#) or [woodland areas](#). If you'd like more of a challenge, try walking one of the nation's top 10 walks according to The [National Trust](#).

Wherever you decide to walk this May, just get outside, enjoy nature, clear your mind and spend time with family and friends.



Worrying about money can be extremely stressful and may lead to mental health conditions. Police Mutual are here to help. We want to break down the stigma surrounding debt and get people talking about money.

We've teamed up with **PayPlan***, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

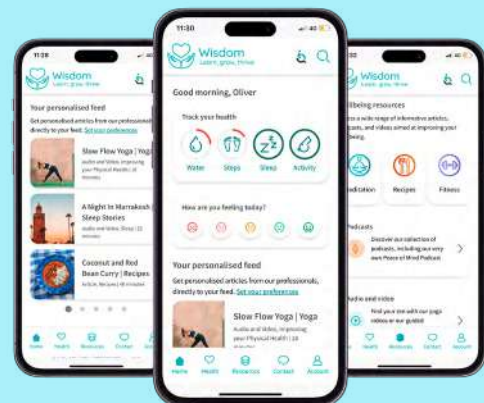
They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan*** on **0800 197 8433**.

Police Mutual Services

Our Care Line Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support.

Wisdom App



Download the Wisdom App provided by Health Assured and register today - your code is MHA107477



To read more of our wellbeing guides take a look at our Wellbeing Hub [here](#).

**Call us 0151 242 7640 Visit policemutual.co.uk
We're open from 9am - 5pm Mon - Fri**

*PayPlan is a trading name of Totemic Limited. Totemic Limited is a limited company registered in England, Company Number: 2789854. Registered Office: Kempton House, Dysart Road, PO Box 9562, Grantham, NG31 0EA. Totemic Limited is authorised and regulated by the Financial Conduct Authority. Financial Conduct Authority Number: 681263.

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

PMGI Limited, trading as Police Mutual is authorised and regulated by the Financial Conduct Authority. Financial Services Register No. 114942. Registered in England & Wales No.1073408. Registered office: Brookfield Court, Selby Road, Leeds, LS25 1NB. For your security, all telephone calls are recorded and may be monitored.